

# ***HAVING A BALL COOKING!***



**BLAZERS**™





*Published by*  
**COOKBOOKS BY MORRIS PRESS**  
**P.O. Box 1681 • Kearney, NE 68848**

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# PROGRAM

The Portland Trailblazers Wives Association thank the people who contributed their family favorite recipes that comprise this cookbook. You will find Trailblazers players' own recipes and other favorites from the kitchens of their wives, parents and relatives. You will also find recipes from some Trailblazers alumni whose names you will remember.

A special thank you goes to our artist, Deena Graham, who worked above and beyond the call of duty.

Proceeds from "Having A Ball Cooking" will be donated to the Dougy Center, a support group for children who have lost a parent, sibling or friend to death through illness, murder or suicide.

# STARTING LINE-UP

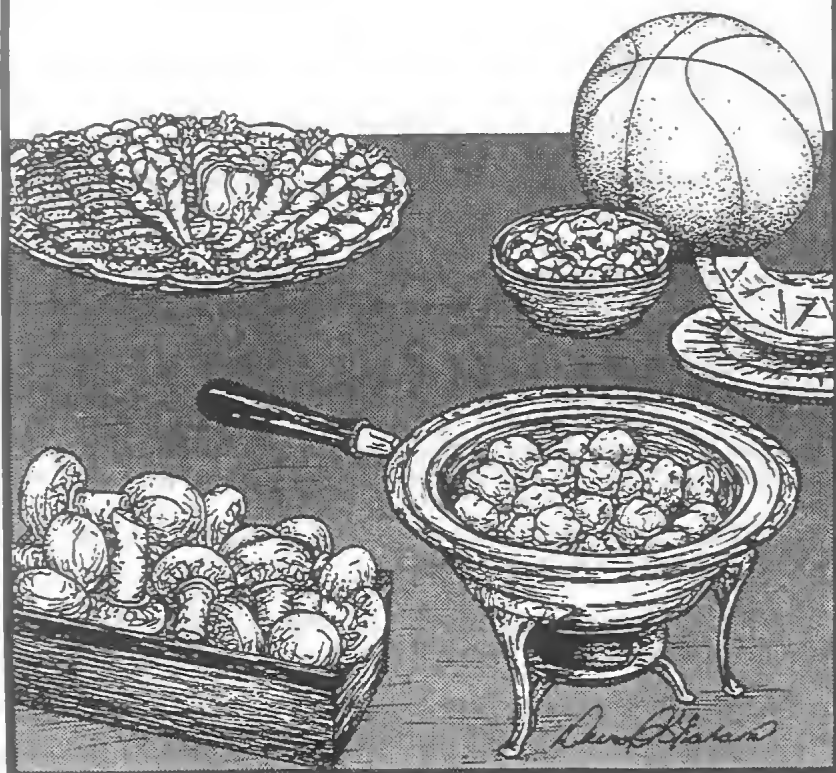
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# PRE-GAME

Appetizers  
and  
Beverages



# Helpful Hints

Fresh lemon juice will remove onion scent from hands.

A few drops of lemon juice in potato water will whiten boiled potatoes.

To save money and vitamins: Pour all leftover vegetables and water they are cooked in and any leftover meat into a freezer container and when full add tomato juice, seasonings and have "free" soup for lunch. Vegetables left on a child's plate can be frozen, also as germs will be killed during boiling.

Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.

When cooking vegetables, remember to boil vegetables that grow above ground without a cover.

Allow  $\frac{1}{4}$  teaspoon salt to each cup of water for cooking vegetables.

A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.

Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.

Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasonings.

Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.

To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skins with a fork and then bake in a preheated oven.

To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.

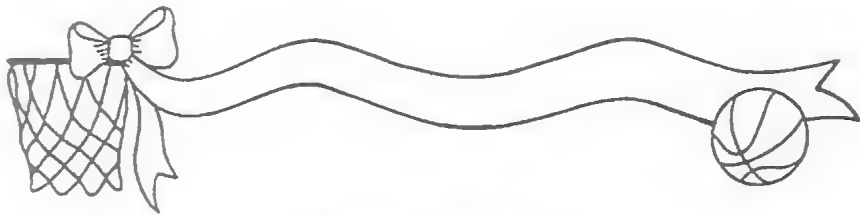
To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.

A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

When cutting onions, rub hands with celery stalk to remove odor.

To avoid toughening beans or corn, add salt when cooking is halfway through.





## APPETIZERS

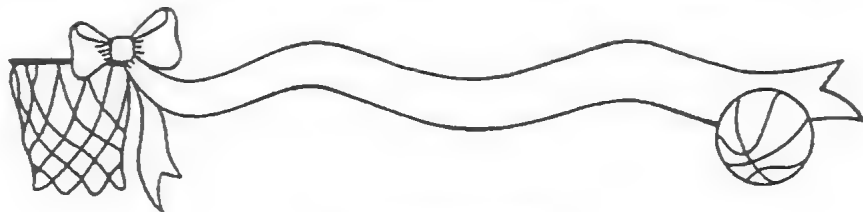
### ADELMAN'S HOLIDAY MEATBALLS

**2 lbs. ground beef**  
**1 egg, beaten**  
**1/2 c. milk**  
**1 c. bread crumbs**  
**1/4 c. chopped onions**  
**2 tsp. salt**  
**1/4 tsp. allspice**  
**1/2 tsp. nutmeg**  
**Dash of pepper**  
**1 (10-oz.) can consomme soup**  
**2 T. oil**  
**2 T. flour**

Mix well with a fork. Form into meat balls. Heat 2 tablespoons oil in skillet and add meat balls. Brown slowly. Remove browned meatballs and set aside. Add 2 tablespoons flour to drippings in skillet, blend well. Add consomme, cook until gravy consistency. Add meatballs to gravy, let simmer. Serve.

*Mary Kay Adelman*





## ANTIPASTO DIP

**2 (6 1/2-oz.) cans tuna fish**

**2 cans shrimp cocktail**

**2 T. olive oil**

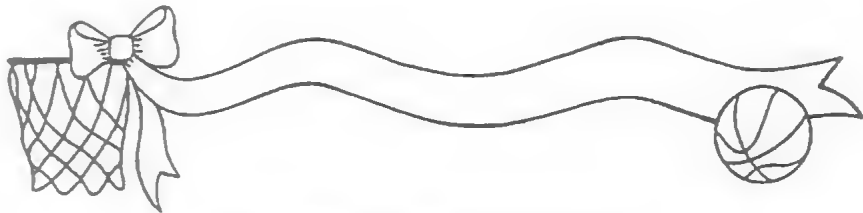
**1 med. onion, chopped**

**1 can red pepper, chopped**

**1/2 c. olives, chopped**

Drain and flake tuna and shrimp cocktail, set aside. In glass casserole, microwave onion and olive oil on medium high until the onion is partly cooked. Add tuna, crumble with a fork. Combine remaining ingredients, let stand 5 minutes before serving. Serve with salted crackers. Add delicious hot beverages like my Hot Fruit Punch and you've got a party!

*Illuminada Ramos*



## ARTICHOKE NIBBLES

**2 (6-oz.) jars marinated artichoke hearts**

**1 sm. onion finely chopped**

**1 clove garlic, minced**

**4 eggs**

**$\frac{1}{4}$  c. fine dry crumbs**

**$\frac{1}{4}$  tsp. salt**

**$\frac{1}{4}$  tsp. Tabasco**

**$\frac{1}{4}$  tsp. oregano**

**$\frac{1}{8}$  tsp. pepper**

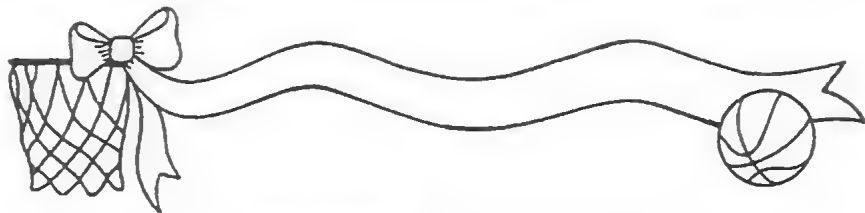
**2 c. shredded sharp cheddar cheese**

**2 T. minced parsley**

Drain liquid from one jar of hearts into frying pan. Drain other jar, discarding liquid. Chop hearts, set aside. Add onion and garlic to pan; saute until onion is limp. Approximately 5 minutes. In bowl, beat eggs with fork. Add crumbs, salt, Tabasco, oregano and pepper. Stir in cheese, parsley, onion, garlic and artichoke hearts. Turn into greased 7 x 11-inch pan. Bake in pre-heated 325° oven for 30 minutes or until set when lightly touched. Cool in pan. Cut into one-inch squares. Serve cold or reheat. For a zippy change, add 1 (4-ounce) can chopped green chilies and sliced black olives.

*Paula Buckwalter*





## **BUCKY'S FESTIVE VEGGIE APPETIZERS**

**1 pkg. crescent rolls**

**1 lg. herb or plain whipped cream cheese**

**Poupon to taste**

**Salt to taste**

**Pepper to taste**

**Garlic powder to taste**

**Fresh chives to taste**

**Fresh parsley to taste**

**Red peppers, chopped tiny**

**Green peppers, chopped tiny**

**Cauliflower florets, chopped tiny**

**Broccoli florets, chopped tiny**

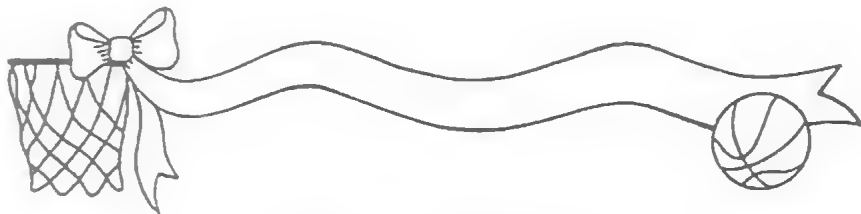
**Green onion, chopped tiny**

**Yellow pepper, chopped tiny, opt.**

**Seeded baby tomatoes, chopped tiny, opt.**

Unroll crescent rolls and bake flat on cookie sheet according to package directions. Cool. Mix herbs with cream cheese and spread evenly on cooled pastry. Press chopped vegetables into cream cheese mixture. Cut in 1 to 2 inch squares.

*Paula Buckwalter*



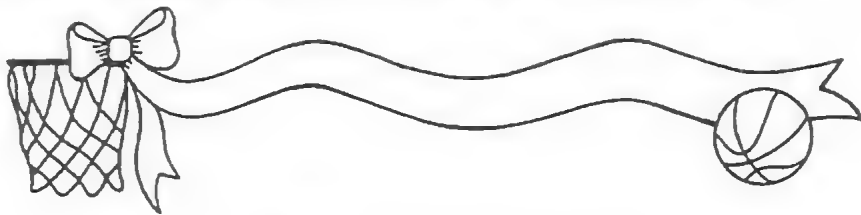
## BUFFALO WINGS

### **Chicken Wings** **Durkee's Red Hot sauce**

Deep fry, or oven bake for 1 hour at 400°. Cut off wing tip and discard. Cut each wing into two parts. Deep fry chicken wings for approximately 10 to 12 minutes until desired crispness. Remove from deep fryer. Dredge hot wings in the hot sauce. If wings aren't hot enough, serve more Durkee's on the side and garnish with jalapenos. Yes, there are people who eat this. We have tried Buffalo wings all over the country and the flavor we like the best comes from this particular brand of hot sauce. An alternate method of preparation is baking the wings in the oven, single layer at 400° for approximately one hour. This method never achieves the desired crispness of the deep fryer, which we prefer, but it is easier and less messy, also probably healthier! Serve with ranch or blue cheese dressing, celery sticks and of course, something very cold to drink!

*Diane Wetzel*

*Part of the secret of success in life is to eat what you like and let the food fight it out inside. -Mark Twain*



## CRAV CHEESE PUFFS

1 lb. fresh crab meat

2 sm. jars Old English cheddar cheese spread

$\frac{1}{4}$  tsp. garlic salt

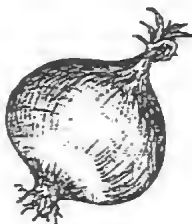
2 pkgs. English muffins

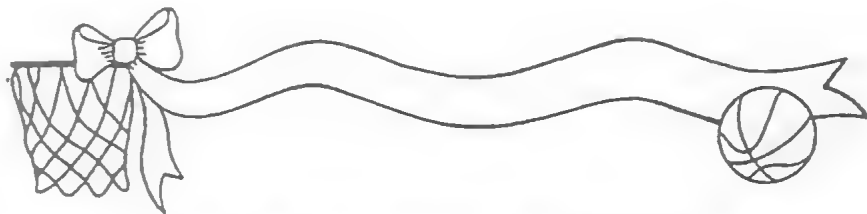
1 T. mayonnaise

1  $\frac{1}{4}$  sticks melted margarine

Cut muffins into fourths. In large bowl mix crab meat, cheese, garlic salt, mayonnaise and butter. Mix very well with electric mixer until smooth and fluffy, 10 to 15 minutes. Generously spread crab meat/cheese mixture on top of muffins. Place one layer at a time on tray lined with waxed paper. Cover with foil and freeze overnight. Preheat oven to  $450^{\circ}$ , place desired amount of puffs on cookie sheet. Bake 5 minutes, then broil 30 seconds or until puffs rise and turn lightly brown. Serve hot! **Do not place in microwave; puffs will not rise.** Freezes well. Makes 48 to 50 puffs.

*Mimi Williams*





## HAWAIIAN CHEESE BALL

- 2 (8-oz.) pkgs. cream cheese, softened**
- 1 sm. can crushed pineapple**
- 2 c. chopped pecans**
- 2 tsp. finely chopped onions**
- 1/4 c. finely chopped green pepper**
- 1 tsp. seasoned salt**

Drain pineapple. Combine pineapple with cream cheese and remaining ingredients, except for 1 cup nuts. Chill mixture until firm enough to shape into one or two balls. Roll in remaining pecans. Best if made a day ahead.

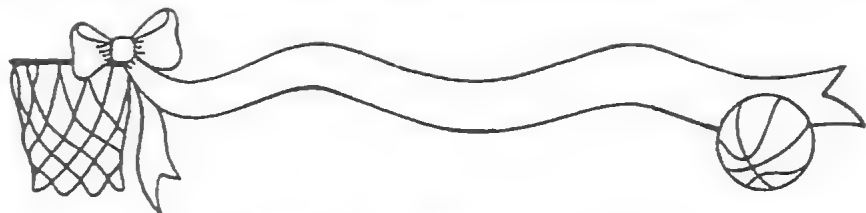
*Dottie Schonely*

## HONEY CHICKEN WINGS APPETIZER

- 3 lbs. chicken wings**
- Salt**
- Pepper**
- 1 c. honey**
- 1/2 c. soy sauce**
- 2 T. vegetable oil**
- 2 T. catsup**
- 1 garlic clove, chopped**

Cook 1 hour at 375°. Cut off and discard chicken wing tips. Cut each wing into two parts and sprinkle with salt and pepper. Combine remaining ingredients and mix well. Place wings in shallow casserole. Pour sauce over and bake until chicken is well done and sauce is caramelized. Approximately 10 servings. This makes a great buffet finger-food and it is also a favorite with children!

*Denise Cooper*



## LENNY'S FAVORITE ARTICHOKE CRAB DIP

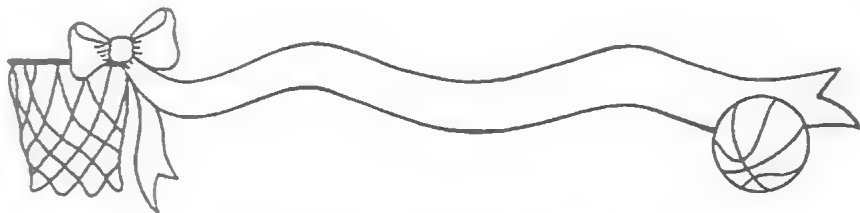
- 1 c. mayonnaise
- 1 c. Parmesan cheese, freshly grated
- 1 can water packed artichoke hearts, quartered
- 1 to 1  $\frac{1}{2}$  c. chopped green onions
- $\frac{1}{2}$  lb. or more fresh crab
- 1 c. grated cheddar cheese
- $\frac{1}{2}$  c. chopped onions

Cook for 20 minutes at 350°. Combine first 5 ingredients in a bowl. Mix thoroughly. Add chopped onions. Pour mixture into casserole dish. Sprinkle cheddar cheese over top. Bake. **Men love this dish!** This is my husband's favorite! You can add some canned toasted onions and sprinkle over top of cheddar cheese. Tastes just as good when cold. Happy eating!

*Marilyn Wilkens  
Cleveland Cavaliers*

*When a man is invited to dinner, he's disappointed if he does not get something good. -Samuel Johnson*





## PETRIE'S PRETZELS

**1 box Snyder's sourdough pretzels\***

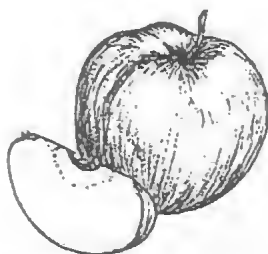
**1 stick butter**

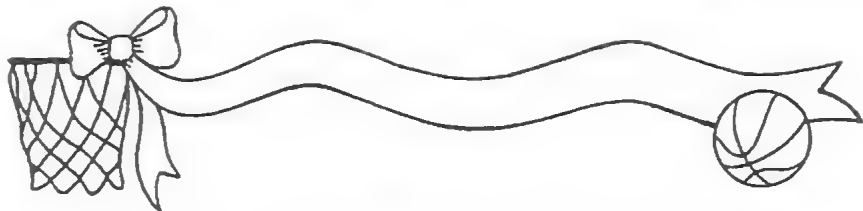
**1 pkg. dry onion soup mix**

**1/2 to 1 tsp. garlic powder to taste**

Bake 20 to 25 minutes at 350°. Break up pretzels into pieces. In saucepan, melt butter and then add soup mix and garlic powder. Stir. In a 9 x 13-inch pan, pour butter mixture over pretzels and stir until pretzels are well-coated. Bake. \*These are difficult to find on the west coast! Only use the large beer pretzels.

*Paula Petrie  
Recipe from Geoff's sister*



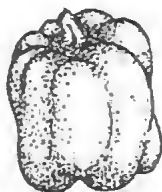


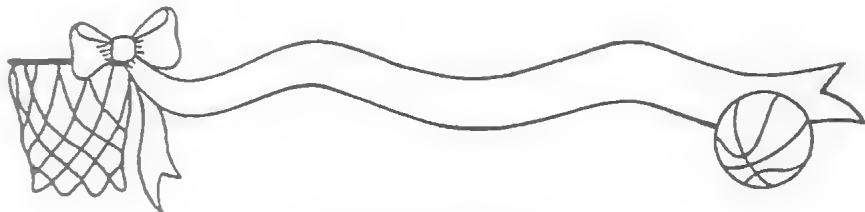
## PICKLED PEPPERS FOR FIRE EATERS

- 2 lbs. fresh jalapenos, 1 to 2-inches long or enough to fill 4 pt. jars**
- 8 cloves garlic, peeled**
- 24 peppercorns**
- 4 tsp. mustard seed**
- 1 lg. bay leaf, quartered**
- 2 c. distilled white vinegar 5 %**
- 2 c. water**
- 2 tsp. salt**
- 4 or more T. olive oil**

Rinse and drain peppers. Trim stems. Wash 4 wide mouth jars and keep hot until needed. Prepare lids as manufacturer directs. Pack peppers into jars. Divide evenly to each jar of peppers: Garlic, peppercorns, mustard seed and bay leaf. In a non-aluminum pan, combine vinegar, water and salt. Heat to simmering and pour hot over peppers, leaving 1-inch head space. Remove any air bubbles (by running clean knife blade around inside of jar). Add approximately 1 tablespoon olive oil to cover surface of brine. Wipe rim with clean, damp cloth. Attach lid. Process in boiling water bath for 15 minutes. Peppers will be ready after 2 weeks, but best after a month. Although I don't need to use them, rubber gloves could be worn while handling peppers, as they can cause your skin to burn.

*John Wetzel*





## SHRIMP DIP

**10 lg. shrimp, cooked**

**$\frac{1}{4}$  c. mayonnaise**

**Tabasco sauce, approx. 3 shakes or more if you dare**

**1 tsp. onion, grated**

**Salt to taste**

**Pepper to taste**

**Cream cheese**

**2 tsp. lemon juice**

**Dash of Worcestershire**

Puree shrimp in blender. Add remaining ingredients. Add cream cheese to desired consistency. Serve chilled or at room temperature.

*Carol Jones*

## SLAM DUNK DIP

**1 pt. buttermilk**

**1 pt. mayonnaise**

**2 (8-oz.) pkgs. cream cheese**

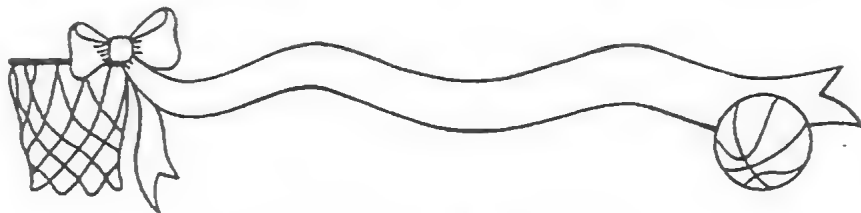
**1 T. garlic powder**

**1 tsp. onion powder**

**1 T. coarse ground black pepper**

Softens cream cheese. Add all other ingredients and beat until blended. Let set for 24 hours. Can be used as dip, sauce or over vegetables. Extremely versatile.

*Paula Buckwalter*



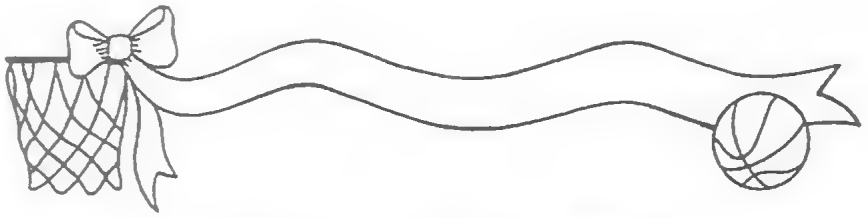
## SMOKED SALMON DIP

**1/2 lb. smoked salmon**  
**2 tsp. fresh dill, chopped**  
**5 T. cream cheese**  
**1 T. sour cream**  
**1 tsp. fresh lemon juice**  
**Salt to taste**  
**Pepper to taste**

You really don't need exact proportions; just keep tasting. Puree salmon, dill and cheese, add sour cream and lemon juice for texture. Go lightly on the dill, you don't want it to dominate. Chill at least 1 hour. Serve with crackers.

*Peggy Burke*





## **SPINACH & RICOTTA BALLS**

**1 c. spinach, washed & chopped**

**$\frac{3}{4}$  c. ricotta cheese**

**$\frac{1}{2}$  tsp. salt**

**2 T. grated Parmesan**

**2 egg yolks**

**2 T. flour**

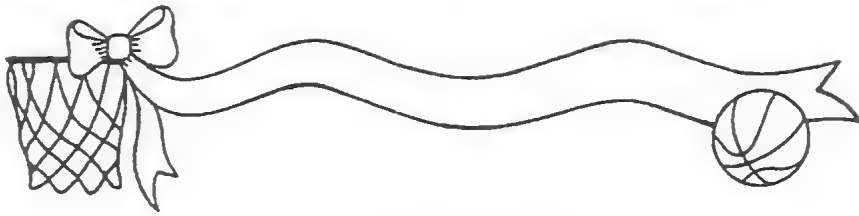
**2 qts. simmering water**

**$\frac{1}{4}$  c. melted butter**

**2 T. additional Parmesan**

Cook spinach in 1 cup water for 5 minutes. Squeeze dry. Mix together ricotta, salt, Parmesan and egg yolks. Shape into small egg-sized balls. Dust with flour and drop into simmering water, a few at a time. Simmer approximately 4 minutes. Balls will rise to surface when done. Remove from water. Repeat until all balls are cooked. Dribble butter over balls and sprinkle Parmesan cheese. Serve immediately. Serves 4.

*Susan Davis*



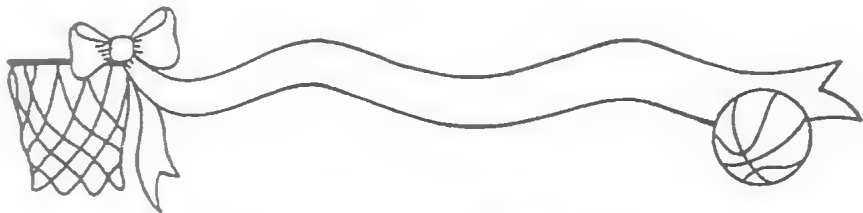
## **SUPER NACHOS**

**1/2 lb. lean ground beef**  
**1/2 lb. chorizo**  
**1 lg. onion, chopped**  
**Salt**  
**Tabasco**  
**1 lb. refried beans**  
**2 cans chopped green chilies**  
**3 c. shredded cheddar cheese**  
**1 can red taco sauce**  
**1/4 c. green onion, chopped**  
**1 c. black olives, chopped**  
**2 containers avocado dip**  
**1 c. sour cream**  
**Fresh parsley**

Stir beef, chorizo and onion in fry pan until meat is finely crumbled and lightly browned, drain well. Season with salt and Tabasco to taste. In a 10 x 15-inch oven proof pan layer refried beans, meat mixture, green chilies, cheddar cheese, drizzle taco sauce over cheese. (If made ahead you can cover and chill or freeze at this time). Bake uncovered at 400° for 30 minutes. Remove from oven and garnish with green onion and olives. Dollop avocado dip then sour cream over avocado. Garnish with fresh parsley. Serve with tortilla chips.

*Diane Wetzel*





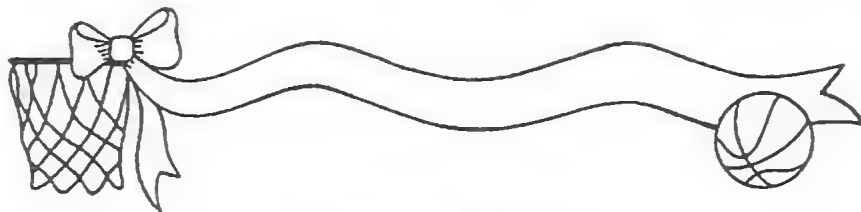
## **WIVES' LOUNGE CARAMEL CORN**

**8 qts. popped corn**  
**2 c. brown sugar**  
**2 c. butter**  
**1/2 c. white corn syrup**  
**1 tsp. salt**  
**1 tsp. butter flavor extract**  
**1/2 tsp. soda**  
**2 c. mixed nuts, opt.**

When Kathy cooks this up for the wives' lounge, diets go out the window!

Divide popped corn and nuts into 2 large aluminum roasting pans. In a saucepan, mix sugar, butter, syrup and salt and butter extract flavoring. Bring to a boil stirring constantly. Boil 5 minutes. Remove from heat and add soda. Mix well. Pour evenly over corn and nuts in the two roasting pans. Bake for 1 hour at 250°, stirring every 20 minutes. Pour on to waxed paper and cool.

*Kathy Sabrowski*



## BEVERAGES

### CHAMPAGNE PUNCH

**1 (16-oz.) pkg. frozen sweetened raspberries or strawberries**

**Pink champagne**

**1/2 c. brandy**

**Dry white wine**

**Club soda**

Place frozen berries in bottom of punch bowl. Pour in rest of ingredients and serve immediately.

*Paula Buckwalter*

### HOT BUTTERED RUM

**1 lb. butter**

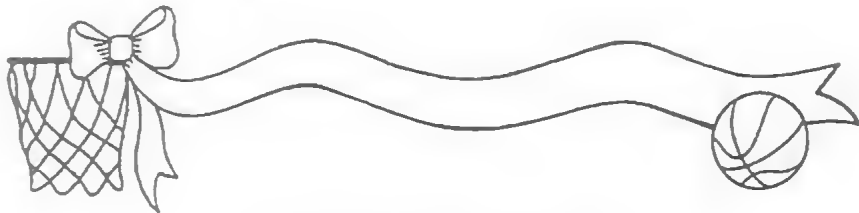
**1 qt. good quality vanilla ice cream**

**1 lb. brown sugar**

Let ice cream soften, then mix all ingredients together. Store in freezer. To use, scoop 1 heaping tablespoon into a mug, add rum and boiling water. Garnish with cinnamon stick and orange slice. Rum extract can be substituted for rum for a non-alcoholic drink.

*Paula Buckwalter*





## **DANNY'S 2-1 PUNCH**

**64 oz. pineapple juice**

**64 oz. orange juice**

**1 liter ginger ale**

**Sugar to taste**

Combine all ingredients in large punch bowl. Fill glasses with ice. Pour and enjoy.

*Danny Young*

## **HOT CIDER**

**1/2 c. brown sugar**

**1/2 tsp. salt**

**2 qts. apple cider**

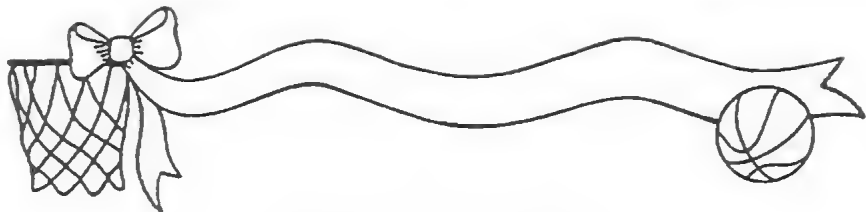
**1 tsp. whole allspice**

**1 tsp. whole cloves**

**Dash nutmeg**

Combine sugar, salt and cider; heat. Add allspice and cloves. Add nutmeg. Bring to a boil, cover and simmer for 20 minutes. Remove whole spices and serve hot. Garnish with slice of lemon or orange and a cinnamon stick.

*Paula Buckwalter*



## **HOT FRUIT PUNCH**

**32 oz. cranberry juice cocktail**

**3 c. water**

**1 (6-oz.) can frozen orange juice, thawed**

**1 (10-oz.) pkg. frozen red raspberries, thawed**

**2 oranges, sliced**

**6 sticks cinnamon**

**12 whole allspice**

**$\frac{1}{2}$  to  $\frac{3}{4}$  c. light rum or water**

Combine all ingredients in 4-quart glass bowl or heat-resistant glass punch bowl. Microwave on high or until hot. Serves 25 to 30 (4-ounce) punch cups.

*Illuminada Ramos*

## **PINEAPPLE-GRAPE COOLER**

**4 c. white grape juice**

**4 c. sparkling water**

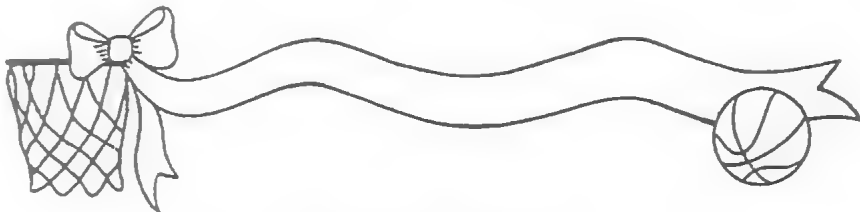
**2 c. pineapple juice**

**Ice cubes**

**Lime wedges**

Combine first 3 ingredients in pitcher. Add ice cubes. Pour into glasses. Serve cooler with lime wedges. Serves ten.

*Gaynell Drexler*



## PINK PUNCH

**1 qt. apple juice**  
 **$\frac{1}{4}$  c. lemon juice**  
**1 (12-oz.) ginger ale**  
**1 pt. cranberry juice cocktail**  
**2 c. ice cubes**  
**Raspberry sherbet**

Chill all ingredients. Combine juices and ice cubes in punch bowl. Add ginger ale; top with scoops of sherbet. The recipe may be doubled to fill a large punch bowl and pink ice cubes or ice ring look pretty in it. Vodka makes great spike.

*Paula Buckwalter*

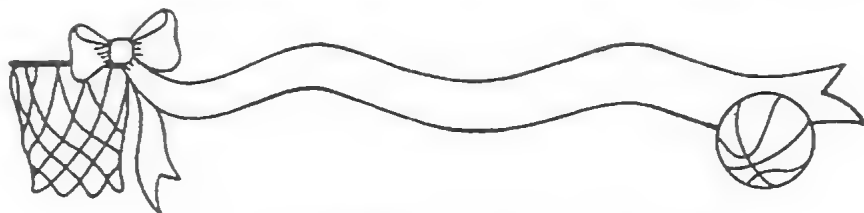
## RUSSIAN TEA

**2 c. Tang**  
**1 (3-oz.) pkg. lemonade mix**  
 **$\frac{1}{2}$  c. instant iced tea**  
 **$\frac{1}{2}$  tsp. cinnamon**

Blend all ingredients. To use, place 2  $\frac{1}{2}$  teaspoons of mix into one cup steaming water. It's good cold too!

*Valda Schalow*

*Drink to me only with thine eyes, and I will pledge with mine; or, leave a kiss within the cup. And I'll not ask for wine. --Ben Johnson*



## **SCHONELY'S WASSAIL BOWL**

- 1 gal. apple cider**
- 1 c. light or dark brown sugar, packed**
- 1 (6-oz.) can frozen lemonade concentrate**
- 1 (6-oz.) can frozen orange juice concentrate**
- 1 T. whole cloves**
- 1 T. whole allspice**
- 1 tsp. ground nutmeg**
- 24 cinnamon sticks**

In large kettle, combine cider, brown sugar and undiluted lemonade and orange juice. Tie cloves and allspice in cheesecloth. Add to cider along with nutmeg. Simmer, covered, 20 minutes. Remove and discard cheesecloth bag. Serve hot in punch cups with a cinnamon stick in each. Makes 24 punch-cup servings.

*Dottie Schonely*

## **STRAWBERRY LIMEADE**

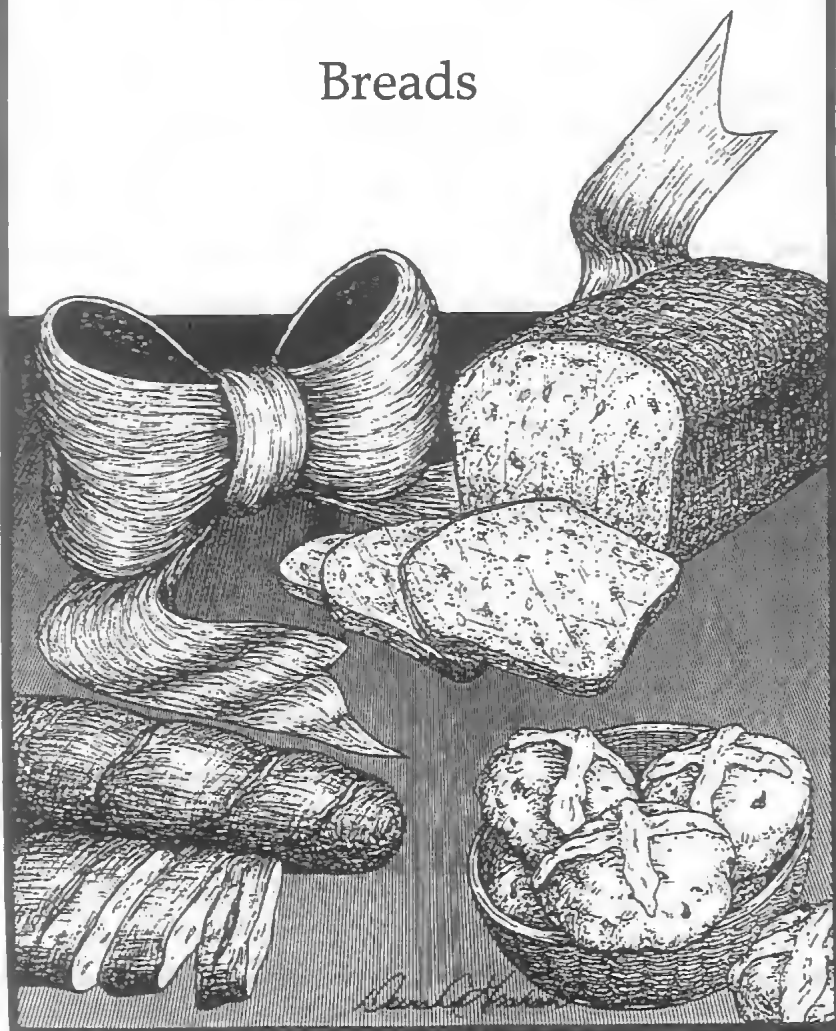
- 2 (10-oz.) pkgs. frozen strawberries in syrup, thawed**
- 3 c. cold water**
- 1 (8-oz.) bottle lime juice from concentrate**
- $\frac{1}{2}$  to  $\frac{3}{4}$  c. sugar**
- Ice**
- Whole strawberries or mint leaves for garnish, opt.**

In blender, puree strawberries. In pitcher, combine pureed strawberries, water, lime and sugar. Stir until sugar dissolves. Serve over ice. Garnish as desired. Makes approximately 1  $\frac{3}{4}$ -quarts.

*Gaynell Drexler*

# WARM-UPS

## Breads



# Helpful Hints

You won't need sugar with your tea if you drink Jasmine tea or the lighter-bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, reducing calories per portion.

Substitute half-and-half for light cream, you'll save 10 calories a tablespoon. 80 per half cup.

Most diets call for 8 ounces of milk, 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.

Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.

Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

Always chill juices or sodas before adding to recipe.

When milk is slightly soured, add a pinch of soda and it can be used as fresh milk.

When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.

Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.

One lemon yields about  $\frac{1}{4}$  cup juice; one orange yields about  $\frac{1}{3}$  cup juice--this is helpful in making fresh orangeade or lemonade!

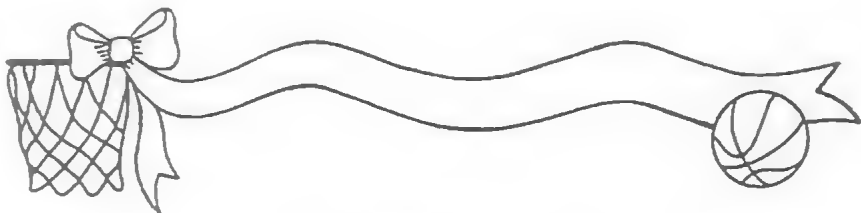
Never boil coffee; it brings out the acid and causes a bitter taste.

Store coffee in the refrigerator or freezer to retain the fresh flavor.

Cheeses should be served at room temperature (approximately 70 degrees).

When serving hors d'oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.

One quart of soup yields about six servings, unless it is the main course.



## BEER BREAD

- 3 c. self-rising flour**
- 1 (12-oz.) can beer**
- 2 T. sugar**
- 1/2 c. wheat germ**

Mix just 15 or 16 times. Bake in greased and floured pan, for 1 hour at 350°.

*Paula Buckwalter*

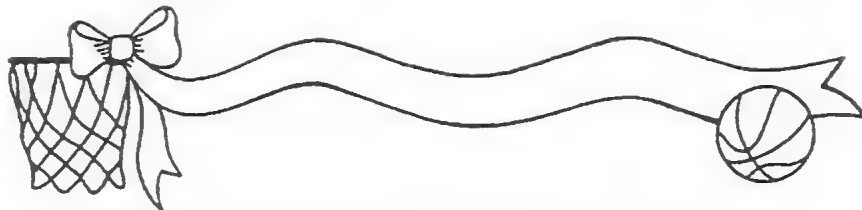
## BANANA BREAD

- 2 c. flour**
- 1 tsp. baking powder**
- 1/2 tsp. baking soda**
- 1/2 tsp. salt**
- 1 1/2 c. mashed, fully ripe bananas**
- 1 1/2 c. All Bran or Bran Buds cereal**
- 1/2 c. butter or margarine softened**
- 3/4 c. sugar**
- 2 eggs**
- 1/2 c. coarsely chopped nuts**

Stir together flour, baking powder, soda and salt. Combine mashed bananas and cereal. Let stand 2 minutes. In large mixing bowl, beat margarine and sugar. Beat in eggs and cereal mixture. Stir in flour mixture and nuts. Spread in greased 9 x 5 x 3-inch loaf pan. Bake for 1 hour at 350°.

Bake until it tests done. Let cool 10 minutes. Remove from pan, cool completely.

*Dotti Schonely*



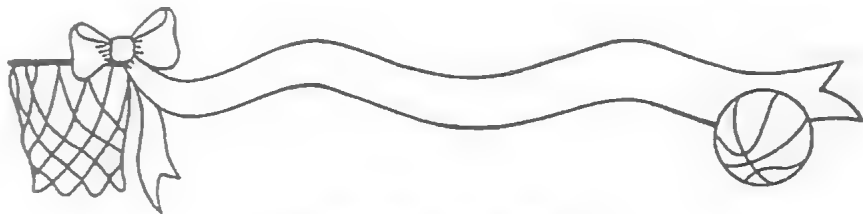
## **CALIFORNIA GOURMET GARLIC LOAF**

- 1 (1 lb.) loaf sweet French bread**
- 1/2 c. butter**
- 6 cloves fresh garlic, crushed**
- 2 T. sesame seeds**
- 1 1/2 c. sour cream**
- 2 c. cubed Monterey Jack cheese**
- 1/4 c. grated Parmesan cheese**
- 2 T. dried parsley flakes**
- 2 tsp. lemon pepper seasoning**
- 1 (14-oz.) can artichoke hearts, drained**
- 1 c. shredded cheddar cheese**
- 1 (6-oz.) can pitted ripe olives**
- Tomato slices for garnish**
- Parsley sprigs for garnish**

Bake for 30 minutes at 350°. Cut French bread in 2 halves lengthwise. Place halves on aluminum foil-lined baking sheet. Tear out soft inner portion of bread in large chunks, leaving crusts intact. Melt butter in large skillet and stir in garlic and sesame seeds. Add bread chunks and fry until bread is golden and butter is absorbed. Remove from heat. Combine sour cream, Jack cheese, Parmesan cheese, parsley flakes and lemon pepper seasoning. Stir in drained artichoke hearts and toasted bread mixture. Mix well. Spoon into bread crusts shells, and sprinkle with cheddar cheese. Bake. Meanwhile, drain olives well. Remove bread from oven. Arrange olives around edges of bread with tomato slices and parsley sprigs down center. Makes 8 generous servings of crusty, cheesy, garlicky goodness!

*Roberta Shimensky*





## CINNAMON ROLLS

**1 pkg. frozen dinner rolls**

**1 pkg. butterscotch pudding, regular, not instant**

**1 c. brown sugar**

**1/2 c. white sugar**

**2 tsp. cinnamon**

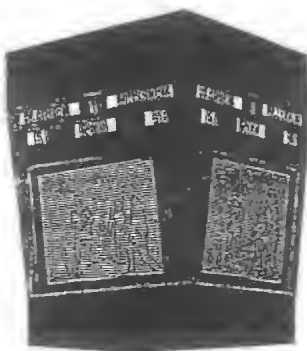
**1 stick butter**

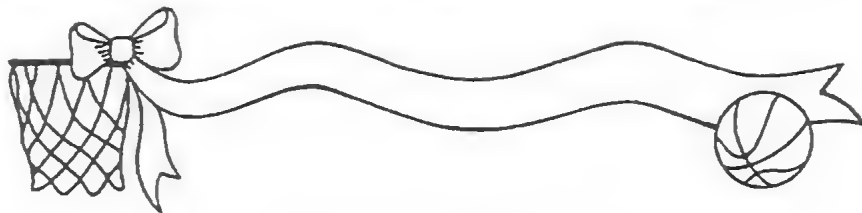
**Nuts, opt.**

Place frozen dinner rolls in bundt pan. Mix pudding with brown sugar and pour over frozen rolls. Mix white sugar and cinnamon and pour over rolls. Melt butter and pour over all. Cover bundt pan and allow rolls to rise overnight. In the morning bake at 350° for 30 minutes, watching carefully. After five minutes invert pan onto serving plate.

*Bette Petrie*

*Recipe from Geoff's mother*



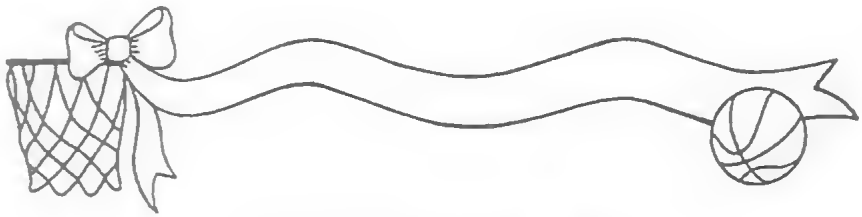


## COMPANY MUFFINS

- 1 c. flour**
- 1 c. oat bran**
- 2 tsp. baking soda**
- 1 tsp. baking powder**
- 1/2 tsp. salt**
- 2 tsp. cinnamon**
- 1 c. brown sugar**
- 1 1/2 c. finely shredded carrots**
- 2 lg. apples, peeled & cored, shredded**
- 1/2 c. raisins, opt.**
- 1 c. pecans, chopped**
- 1/4 c. vegetable oil**
- 1/2 c. skim milk**
- 2 eggs, slightly beaten**
- 1 tsp. vanilla**

Bake in 375° oven for 18-20 minutes. Combine flour, bran, baking powder, baking soda, salt, cinnamon in a large bowl. Stir in sugar, add carrots, apples, raisins and nuts. Stir well. Make a well in center. Add oil, milk, eggs and vanilla. Stir just until moistened. Use a 1/4 cup measuring cup to scoop muffin batter into greased tins. Bake until nicely browned. These muffins freeze beautifully. They contain a lot of carrots and apples which are a good source of soluble fiber and have a very little oil. Yield 18 muffins.

*Gladys Adelman  
Recipe from Rick's mother*



## EASY YEAST ROLLS

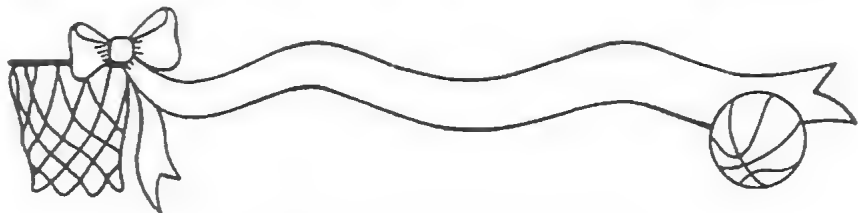
- 1 c. warm water**
- 1 pkg. dry yeast**
- 1 egg**
- $\frac{1}{4}$  c. sugar**
- 4 c. self-rising flour**
- $\frac{3}{4}$  c. shortening**

Bake at 400° for 15 to 20 minutes. Mix water and dry yeast. Beat egg separately and add to mixture. Add sugar and flour. Cut shortening into the mixture. Using muffin tin, fill each  $\frac{3}{4}$  full. Bake. Rolls should be lightly browned and crusty. This mixture can be stored unbaked, but covered in the refrigerator for one week. Does not have to rise when removed from refrigerator before baking.

*Carol Jones*



*Insomuch as love grows in you, so in you beauty grows. --  
St. Augustine*



## FRESH CORN FRITTERS

**6 ears fresh corn, husked or 2  $\frac{1}{2}$  c. whole kernel corn, frozen or canned, drained**

**3 eggs, well-beaten**

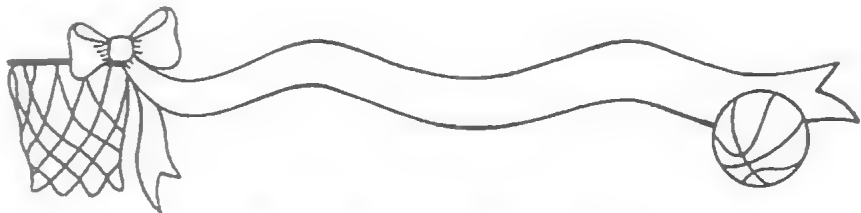
**Approx.  $\frac{1}{2}$  c. all-purpose flour**

**Dash salt, opt.**

**Hot fat, preferably half oil, half butter**

For ease of handling, break each ear in half. Slice corn off cob in thin slices into a medium-sized bowl. Blend eggs with corn. Fold in enough flour to make a batter that is still fluffy, but with a consistency that will hold together when dropped in to hot fat. Add salt. In a large heavy skillet or deep-fryer, heat fat to approximately  $375^{\circ}$  or until 1-inch cube of bread turns golden brown in 50 seconds. Drop batter by spoonfuls in fat and fry until golden on both sides; approximately 1  $\frac{1}{2}$  minutes total. Remove and drain. To keep hot and crispy, place fritters on a baking sheet and hold in a warm  $300^{\circ}$  oven until ready to serve, no more than 30 minutes. Serve hot. Makes approximately 30 fritters.

*Shelley Bryant*

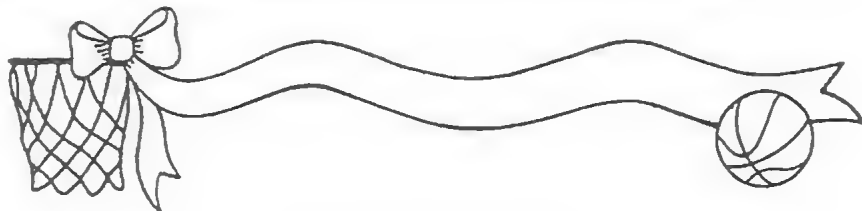


## GRANDMA AREL'S BANANA BREAD

- 1/2 c. shortening**
- 1 c. sugar**
- 2 eggs**
- 2 c. flour**
- 1 tsp. soda**
- 1/4 tsp. salt**
- 3 mashed bananas**
- 1/4 c. nuts**

Cream shortening and sugar. Beat eggs with a fork; add to shortening. Add dry ingredients, blend. Stir in bananas and nuts. Pour into bread pan and bake for 1 hour at 325°.

*Mary Kay Adelman*



## HUSH PUPPIES

### **Fat**

**1 1/2 c. stone-ground cornmeal**

**1/2 c. all-purpose flour**

**2 tsp. baking powder**

**1/2 tsp. salt**

**3/4 c. milk**

**1 sm. onion, grated**

**1 egg**

In a deep, heavy skillet, heat fat to 375° or until a 1-inch cube of bread turns golden brown in 50 seconds. In a large bowl, combine cornmeal, flour, baking powder and salt. In a small bowl, mix egg, milk and onion. Add to cornmeal mixture. Drop batter from a spoon into hot fat. Fry approximately 1 minute or until crisp and golden. Using a slotted spoon, remove from fat and drain on paper towel. Serve hot. Makes approximately 20.

*Shelley Bryant*

## LAURA ADELMAN'S MONKEY BREAD

**3 cans refrigerator biscuits**

**1/2 c. sugar**

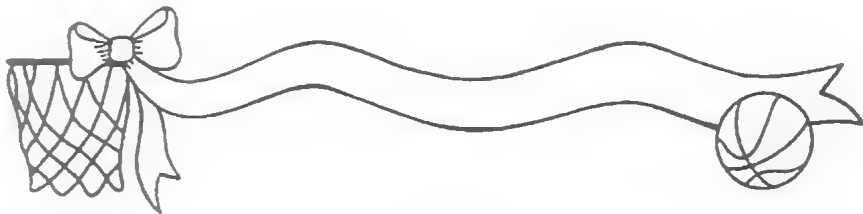
**2 tsp. cinnamon**

**1/2 c. butter or margarine**

**1/2 c. sugar or brown sugar**

Cut each biscuit into fourths and roll in sugar and cinnamon. Toss into bundt pan! What fun! Melt butter and margarine, sugar or brown sugar, mix well and pour over biscuits. Bake at 350° for 30 minutes. Cool slightly. Turn over onto plate.

*Mary Kay Adelman*



## LEFSE

**3 c. mashed potatoes, cooled**

**1 T. sugar**

**2 T. cream**

**1 c. flour**

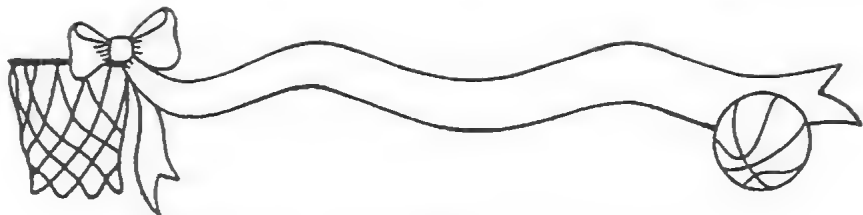
**1 tsp. salt**

**2 T. oleo**

Mix ingredients. Makes 10 balls. Keep in refrigerator as they roll out better cooled. Flour pastry cloth. Roll out like you would pie crust using not too much flour or they'll get tough. Roll out thin. Bake on grill at 400° until light brown and turn. Bake second side. Do not over-bake. Remove from grill. Fold in half then in half again. Cool between two bath towels. When cool put 4 in foil and seal tightly. Freezes well. To eat spread with butter, sprinkle with sugar. I like chicken or roast bits in and roll up like a tube. Good as a sandwich or with a meal.

*Myrtle I. Schalow*  
*Recipe from Jack's mother*





## MOTHER LINGREN'S COFFEE CAKE

**3/4 c. butter**  
**1 c. plus 2 T. sugar**  
**2 T. vanilla**  
**5 eggs**  
**3 c. flour**  
**1 1/2 tsp. baking powder**  
**1 1/2 tsp. soda**  
**1 1/2 c. sour cream**

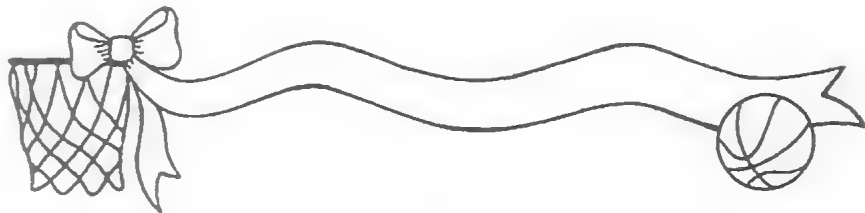
### **Filling:**

**6 T. butter, melted**  
**1 c. brown sugar**  
**2 T. cinnamon**  
**1 c. chopped nuts**  
**Raisins, opt.**

Cream butter, sugar and vanilla, adding eggs one at a time. To the creamed mixture add flour, baking powder and soda alternately with sour cream. Place half the batter in greased and floured bundt pan. Add filling. Top with remaining batter. Bake at 350° for 45-60 minutes and cool. Remove from pan and sift powdered sugar over top.

*Paula Buckwalter*





## POPOVERS

**1 c. all-purpose flour**

**$\frac{1}{2}$  tsp. salt**

**2 eggs**

**1 c. milk**

**1 T. vegetable oil**

Generously grease 6 to 9 muffin cups. In a medium-sized bowl, stir together all ingredients. Fill muffin tins  $\frac{3}{4}$  full. Bake at 425° for 35 minutes, until popped and golden. Pierce side of each popover, if desired and return to turned-off oven for 10 to 15 minutes to dry.

*Shelley Bryant*

## PORTER'S PANCAKES

**2 c. Bisquick**

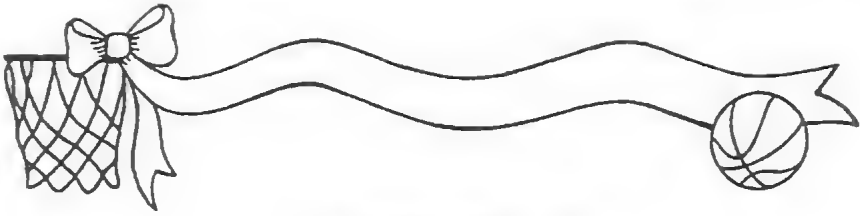
**1 c. milk**

**2 eggs**

**Few drops of vanilla**

Beat ingredients with wire whisk until well blended. Pour  $\frac{1}{4}$  cupfuls onto hot griddle. Cook until edges are dry. Turn, cook until golden. Enjoy! This recipe makes enough pancakes for a pre-game meal.

*Terry Porter*

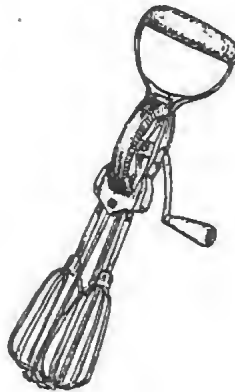


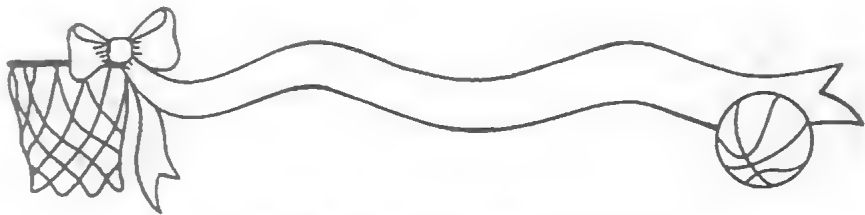
## PUMPKIN BREAD

- 3 c. sugar
- 1 c. salad oil or shortening
- 4 eggs
- 1  $\frac{1}{2}$  tsp. salt
- 2 T. cinnamon
- 1 tsp. nutmeg
- $\frac{2}{3}$  c. water
- 2 c. pumpkin
- 3  $\frac{1}{2}$  c. flour
- 2 tsp. soda
- 1 c. chopped nuts, opt.

Blend all ingredients together with a mixer. Divide into 3 ungreased bread pans. Bake for 1 hour at 350°.

*Paula Buckwalter*



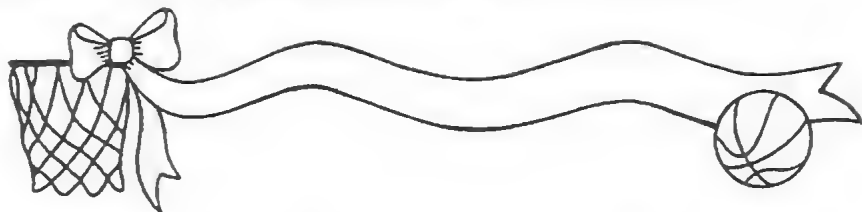


## **RHUBARB NUT BREAD**

- 1  $\frac{1}{2}$  c. brown sugar**
- $\frac{2}{3}$  c. vegetable oil**
- 1 egg**
- 1 c. buttermilk**
- 1 tsp. salt**
- 1 tsp. soda**
- 1 tsp. vanilla**
- 2  $\frac{1}{2}$  c. flour**
- 1  $\frac{1}{2}$  c. diced fresh rhubarb**
- $\frac{1}{2}$  c. nuts**

Combine all ingredients in order in a mixing bowl except rhubarb. Fold in rhubarb and nuts. Pour into 2 greased 9 x 5-inch loaf pans. Bake at 350° for 1 hour.

*Gladys Adelman*  
*Recipe from Rick's mother*



## QUICK CINNAMON ROLLS

**1 box yellow cake mix**  
**5 c. flour**  
**2 pkgs. yeast**  
**2 1/2 c. hot water**

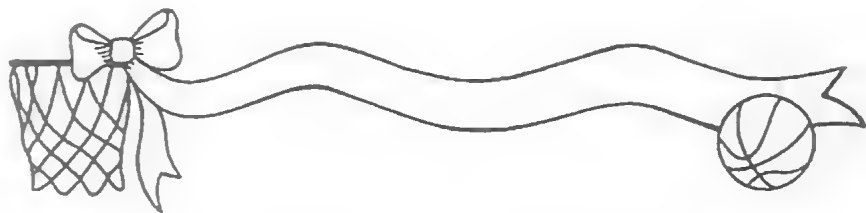
### **Topping:**

**1 cube melted butter**  
**4 T. brown sugar**  
**4 T. white Karo syrup**  
**Chopped nuts**

Mix first three ingredients and pour into hot water. Mix well. Pour into greased bowl and let rise until double in bulk. Divide into two pieces. Roll into rectangular shape. Brush with butter and sprinkle with cinnamon and sugar. Roll up jellyroll style and slice. Put slices in greased pan and let rise until double in size again. Bake at 350° for 20 to 25 minutes. Mix topping and pour over rolls while still hot from the oven.

*Geneva Jones*  
*Recipe from Steve's mother*

*Bread is the staff of man's existence*  
*Bread is wheat and wheat is earth,*  
*The good earth,*  
*The black earth out of which comes man's food,*  
*His health, his vigor, his long life. --Louis Bromfield*



## SIX WEEKS BRAN MUFFINS

- 1 (15-oz.) raisin bran**
- 3 c. sugar**
- 5 c. flour**
- 5 tsp. soda**
- 1 tsp. salt**
- 4 eggs, beaten**
- 1 c. melted shortening or oil**
- 1 qt. buttermilk**

Mix dry ingredients in a very large bowl. Add remaining ingredients. Mix thoroughly. Store in refrigerator in covered container and use as desired. Lasts 6 weeks. Fill muffin pans  $\frac{2}{3}$  full. Bake at 400° for 15 to 20 minutes.

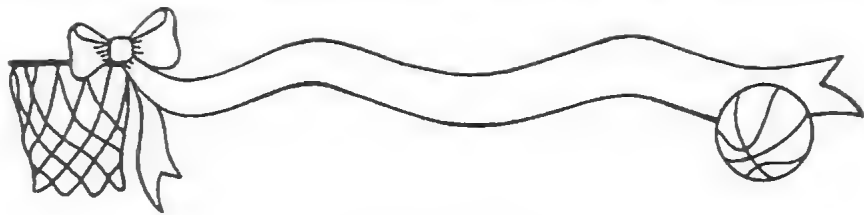
*Diane Wetzel*

## ZUCCHINI BREAD

- 2 c. grated zucchini**
- 2 eggs**
- 1 c. milk**
- $\frac{1}{2}$  c. vegetable oil**
- 3 c. flour**
- 4 tsp. baking powder**
- 1 tsp. salt**
- $\frac{1}{2}$  c. sugar**
- 2 tsp. cinnamon**
- $\frac{1}{2}$  tsp. nutmeg**
- $\frac{1}{4}$  tsp. cloves**
- 1 c. nuts, opt.**

Bake in greased and floured loaf pan for 1 hour at 350°.

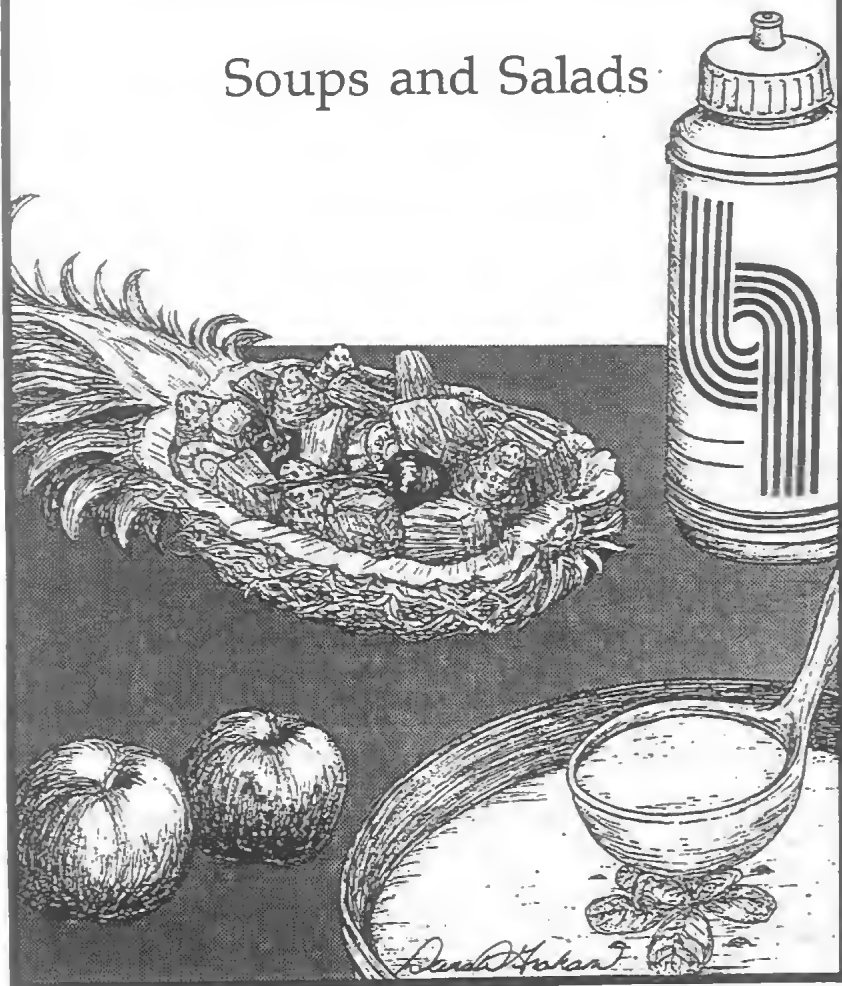
*Paula Buckwalter*



## **Autographs**

# INTRODUCTIONS

Soups and Salads



# Helpful Hints

**Make frying seafood easy.** There is a product called "Golden Dip Fish Coating" available at grocery stores that makes coating fish easy. This product is used by most restaurants and it is quick and easy. Just follow directions.

**To keep meat moist and flavorful when reheating it -** without adding extra fat - place a lettuce leaf in the bottom of a casserole, put meat on lettuce, then cover with another lettuce leaf. Add a little water to the bottom of the pan and heat at 350° until meat is hot.

**Bringing home the bacon:** Keep bacon slices from sticking together by rolling the package into a tube shape and securing it with a rubber band before refrigerating.

**Stopping the splattering:** To keep hot fat from splattering, sprinkle a little salt or flour in the pan before frying.

**Juicier burgers:** Add one stiffly beaten egg white to each pound of hamburger. Or, make patties with one tablespoon of cottage cheese in the center.

**No more fowl play:** Defrost frozen chicken by soaking in cold water that's been heavily salted. Meat will be pure white and very flavorful.

After cooking, small roasts should sit for 10-15 minutes before carving, a large roast should sit for 20-30 minutes.

A fork should never be stuck in meat while frying or grilling as it punctures the meat and lets the juices out. Use tongs.

Thaw meats in the refrigerator so as not to lose juices.

Spray your barbecue grill with vegetable oil to prevent sticking.

Instant potatoes are a good thickening for stews.

Bacon that has been fried and drained crisp can be frozen in foil; reheat in toaster oven to crisp.

Dip your fingers in water to prevent meatballs from sticking to your hands.

Meat loaf can be cooked in individual muffin pans in half the normal baking time.





## SALADS

### BROCCOLI SALAD

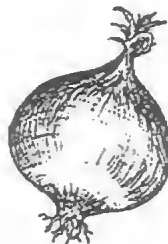
- 1 pkg. frozen chopped broccoli, barely cooked
- 1  $\frac{1}{2}$  c. shredded cheddar cheese
- 1 c. red onion, chopped fine
- 4 hard boiled eggs, chopped

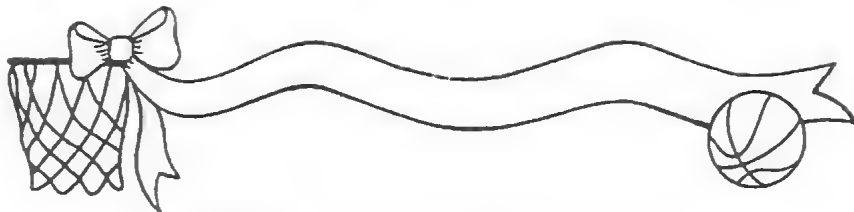
#### Dressing:

- 1 c. mayonnaise
- 1 T. horseradish
- 2 to 3 drops Tabasco
- Salt
- Pepper

Mix dressing ingredients. Pour mayonnaise mixture over salad and let set in refrigerator **overnight**.

*Patty Wasch*





## CALIFORNIA COLE SLAW

**4 c. finely shredded cabbage**

**$\frac{1}{2}$  c. thinly sliced celery**

**$\frac{1}{2}$  c. chopped cucumber**

**2 T. chopped green pepper**

**2 T. sliced green onion**

**1 T. chopped parsley**

**1 T. lemon juice**

**$\frac{1}{4}$  c. mayonnaise**

**$\frac{1}{4}$  c. sour cream**

**$\frac{1}{2}$  tsp. salt**

**$\frac{1}{2}$  tsp. sugar**

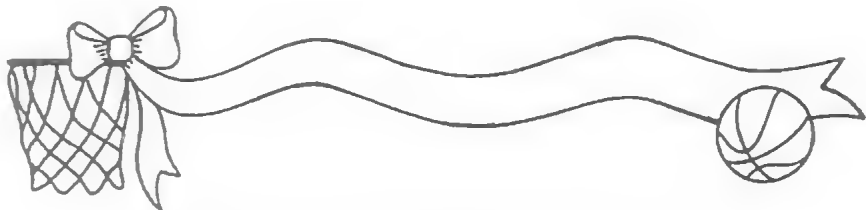
**Dash of pepper**

**Dash of paprika**

**1 avocado**

Combine first 6 ingredients, cover and chill if done ahead. For the dressing, combine the lemon juice, mayonnaise, sour cream, salt, sugar, pepper and paprika. Mix until smooth. If you make ahead, cover and refrigerate until serving time. Just before serving, peel avocado and dice. You might save out a few avocado slices, brush them with lemon juice and use to garnish the top of salad. Add diced avocado and dressing to the salad and mix lightly.

*Mary Kay Adelman*



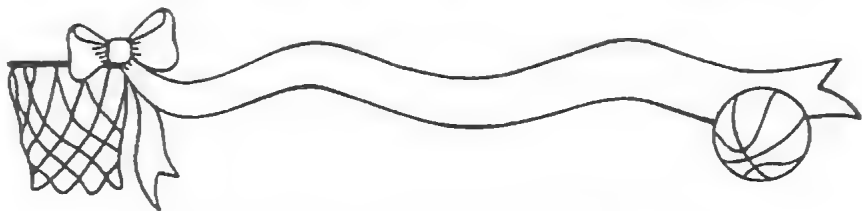
## CHEESE & PINEAPPLE SALAD

- 1 (20-oz.) can crushed pineapple**
- 1 (3-oz.) pkg. lemon Jello**
- 1 (3-oz.) pkg. lime Jello**
- 1 c. sour cream**
- 1 (3-oz.) pkg. cream cheese, softened**
- 1 T. lemon juice**
- 2 c. (8-oz.) shredded cheddar cheese**

Drain pineapple, reserve syrup. Add water to syrup to make 3 cups liquid. In saucepan, heat syrup mixture to boiling. Add lemon and lime gelatin; stir until dissolved. In mixer bowl, beat together sour cream, cream cheese and lemon juice. Gradually add gelatin mixture, beating until smooth. Chill until partially set. Fold in cheddar cheese and pineapple. Turn into a 6 cup ring mold. Chill until firm, several hours or overnight. Unmold and garnish center if desired.

*Dottie Schonely*





## CHINESE CHICKEN SALAD

- 2 c. shredded chicken breasts**
- 2 pkgs. crumbled Ramen noodles**
- 1 head shredded cabbage**
- 1 bunch chopped green onions**
- $\frac{1}{3}$  c. toasted slivered almonds\***
- $\frac{1}{3}$  c. toasted sesame seeds\***

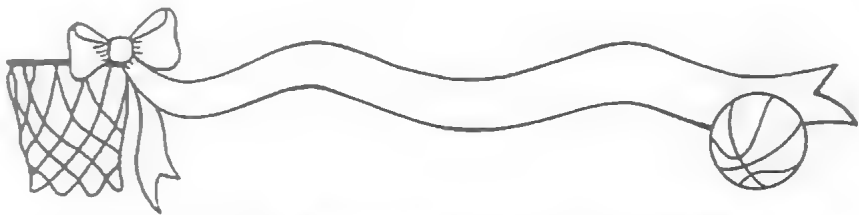
### **Dressing:**

- $\frac{1}{2}$  tsp. salt**
- $\frac{1}{4}$  c. oil**
- $\frac{1}{4}$  tsp. pepper**
- 3 T. vinegar**
- 2 T. sugar**

\*To toast almonds and seeds, oil a cookie sheet and toast in very hot oven. Toss all salad ingredients together. Combine dressing ingredients then pour over salad and toss. I usually double the dressing amount. Use to taste.

*Michelle Ainge*





## **EVERYONE'S FAVORITE SPINACH SALAD**

### **(With Chutney Dressing)**

- 8 oz. fresh mushrooms, sliced**
- 1 lb. fresh spinach**
- 1 c. sliced water chestnuts**
- $\frac{1}{4}$  c. red onion, sliced thin**
- 4 oz. blue cheese, crumbles**

#### **Chutney Dressing:**

- $\frac{1}{4}$  c. wine vinegar**
- 2 T. chutney**
- 1 clove garlic, crushed**
- 2 T. mustard**
- 2 tsp. sugar**
- $\frac{1}{2}$  c. vegetable oil**

Combine salad ingredients and toss with dressing approximately 15-30 minutes before serving. Serves 6. This salad is even good the next day.

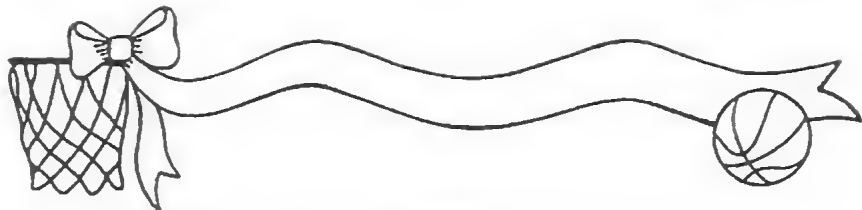
*Ruth Cook*

## **FIVE CUP SALAD**

- 1 c. sour cream**
- 1 c. crushed pineapple, drained**
- 1 c. mandarin oranges, drained**
- 1 c. sweetened coconut, dry**
- 1 c. miniature marshmallows**

Mix all ingredients together. Refrigerate for a few hours. Enjoy!

*Ted Moore*  
(Recipe from Mimi Williams' father)



## **GIRLFRIEND'S CURRY CHICKEN SALAD**

**4 c. cooked rice**

**1 c. cooked, cubed chicken**

**1 c. diced green apple**

**1/2 c. raisins**

**Handful red seedless grapes**

**1/2 c. coconut**

**1/4 c. slivered almonds**

### **Dressing:**

**1/2 c. mayonnaise**

**1 to 2 T. mango chutney**

**1/8 to 1/4 tsp. cayenne**

**1/2 T. minced fresh garlic**

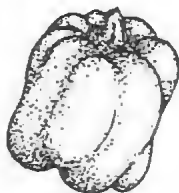
**2 to 3 tsp. curry powder**

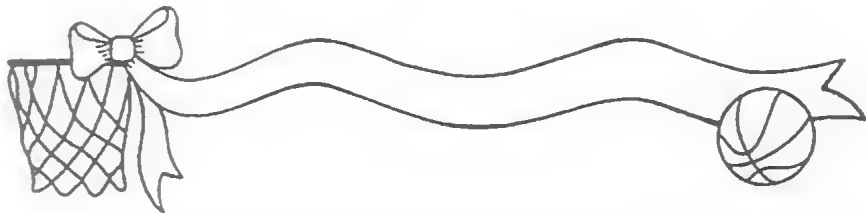
**1/4 tsp. ground masala, opt.**

**1/4 tsp. garlic powder**

Combine rice, chicken, fruits and nuts. In separate bowl combine dressing ingredients. Add dressing to rice mixture. You may not need all of the dressing, so don't mix it all together at once. You don't want it too runny.

*Anne-Marie Messano*





## **GRANDMA EVA'S CHICKEN SALAD**

- 5 c. cooked chicken breast, cut into chunks**
- 2 T. olive oil**
- 2 T. orange juice**
- 2 T. vinegar**
- 3 c. cooked white rice**
- 1 <sup>1</sup>/<sub>2</sub> c. sm. green grapes**
- 1 <sup>1</sup>/<sub>2</sub> c. sliced celery**
- 1 (13 <sup>1</sup>/<sub>2</sub>-oz.) can unsweetened pineapple tidbits**
- 1 (11-oz.) can mandarin oranges**
- 1 c. toasted slivered almonds**
- 1 c. plain non-fat yogurt**
- <sup>1</sup>/<sub>2</sub> c. lite mayonnaise**

Marinate chicken in oil, orange juice and vinegar overnight (or at least while you prepare the rest of the ingredients). Combine all ingredients. Serves 8 to 10.

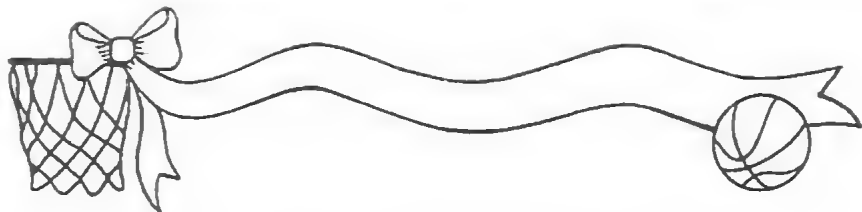
*Ruth Cook*

## **GRAPEFRUIT-AVOCADO SALAD**

- 3 pink grapefruits**
- 1 lg. avocado**
- Watercress**
- Sugar, amount dependent on sweetness of fruit**
- French dressing**

Pare and section grapefruit. Drain and reserve juice. Peel and slice avocado. Brush avocado with grapefruit juice. Arrange grapefruit sections and avocado slices on small plates. Decorate with watercress and sprinkle with sugar and French dressing.

*Carol Jones*



## **HIYASHI CHUKA-CHINESE NOODLES SALAD**

### **(Japanese Style)**

**3 med. chicken breasts**  
**1 English cucumber**  
**1/2 lb. fresh green beans**  
**2 pkgs. ramen noodles**  
**2 eggs**

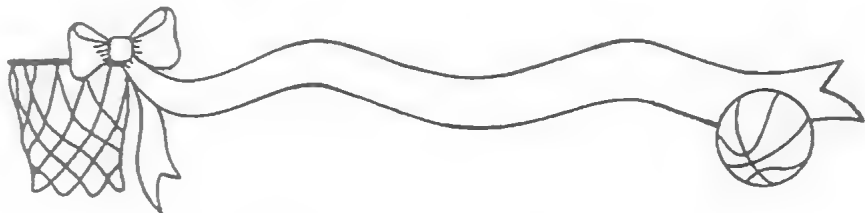
#### **Combine:**

**1/4 c. water**  
**1/4 c. white wine**  
**2 T. sugar**  
**3 T. soy sauce**

Put chicken breasts and soy sauce mixture in a skillet. Cook over high heat until all the sauce is gone. Cool and slice thin. Cut cucumber into 1 1/2-inch lengths. Cut each piece into thin slices (1/16-inch) stack slices and cut into julienne strips. Beat egg with a pinch of salt. Heat frying pan over medium heat. Brush the pan with oil. When the pan is hot, pour in just enough eggs to cover the bottom of the pan. Cook a few seconds. As soon as the egg sets, turn over and cook the other side of few more seconds. Make as many crepe-like egg sheets as you can using all the egg. Stack them on a dry cutting board. When cool, roll them together. Slice the roll into 1/16-inch widths. Boil water in a saucepan. Break Ramen noodles into four pieces; put them in boiling water. Turn heat to medium, cook for approximately 1 1/2 minutes. Empty noodles into a colander and place under running water until cool. Drain well. Cook green beans until tender and drain. Immediately place beans into bowl full of ice water. Drain and slice them French-style. Place noodles in large salad bowl. Arrange remaining ingredients over the noodles.

(continued)





**Dressing:**

- 2 T. sugar**
- 4 T. vinegar**
- $\frac{1}{2}$  tsp. sesame oil**
- 4 T. soy sauce**
- 2 T. water**

Combine dressing and pour over salad just before serving. Makes 4 servings.

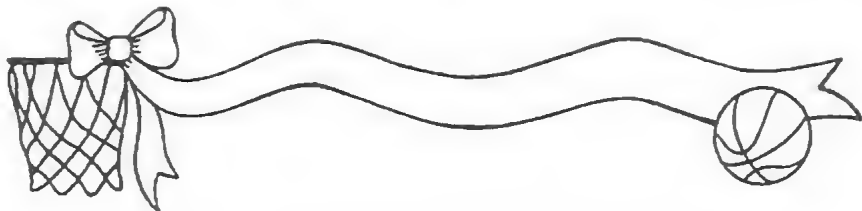
*Isae Lafferty*

## **LIGHT & HEALTHY CHEF'S SALAD**

- 1 c. romaine lettuce**
- 1 c. Boston lettuce**
- 1 cucumber, cubed**
- 3 carrots peeled, sliced**
- 1 (3-oz.) jar artichoke hearts, drained, sliced**
- 4 tomatoes, diced**
- 1 sm. red onion, diced**
- 1 sm. yellow pepper, sliced**
- 3 oz. skim milk mozzarella cheese, cubed**
- 1 c. cold meat: white meat tuna, turkey or chicken breast**

Arrange the vegetables and meat on top of the salad greens. Serve with your favorite low cal vinaigrette dressing. Serves 4.

*Bill Walton*



## MAKE AHEAD CAESAR SALAD

- 1 crushed garlic clove
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  tsp. pepper
- $\frac{1}{2}$  tsp. dry mustard
- 1 T. lemon juice
- $\frac{1}{4}$  c. oil
- 2 to 3 T. grated Parmesan cheese

Mix in bottom of wooden salad bowl. Put lettuce on top **Do not toss.** Cover and let stand several hours in refrigerator. Add tomato wedges and toss. Serve immediately.

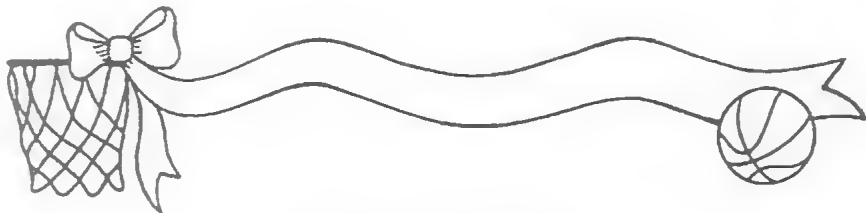
*Mary Kay Adelman*

## PASTA SALAD

- $\frac{1}{2}$  lb. rotini-white & green
- 1 can marinated artichoke hearts
- $\frac{1}{2}$  lb. fresh snow peas, sliced
- Fresh broccoli
- Fresh cauliflower
- 1 red onion
- Spice Island salad herbs
- 1 to 2 pkgs. Good Seasons cheese & garlic

Mix dressing according to directions on package. Toss well.

*Patty Wasch*

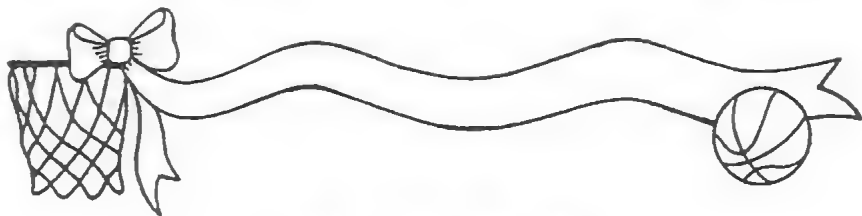


## **PIZZA SALAD**

- 1 (12-oz.) pkg. rainbow rotini**
- $\frac{1}{3}$  c. chopped onion**
- 1 c. fresh sliced mushrooms**
- 1 green pepper, thin strips**
- $\frac{1}{2}$  c. ripe olives, sliced**
- 4 oz. hard salami or pepperoni, thin sliced**
- 1 c. mozzarella cheese, shredded**
- 1 c. cherry tomatoes, quartered**
- Pepper to taste**
- $1 \frac{3}{4}$  c. bottled clear Italian salad dressing**

Cook rotini according to package directions. Immediately rinse with cold water until chilled. Toss with remaining ingredients. Cover and refrigerate until served. May use low fat Italian dressing if desired. Yield 8 to 10 servings.

*Dottie Schonely*



## **PRETZEL SALAD**

### **Crust:**

**2 c. crushed pretzel sticks**

**3 tsp. sugar**

**$\frac{3}{4}$  c. melted butter**

Mix together. Spread evenly in 3-quart oblong baking dish. Bake at 400° for 8 minutes. Cool completely.

### **Filling:**

**1 (8-oz.) pkg. cream cheese**

**1 (8-oz.) carton Cool Whip**

**$\frac{3}{4}$  c. sugar**

Mix filling ingredients together. Spread on crust completely, touching sides and covering all pretzels.

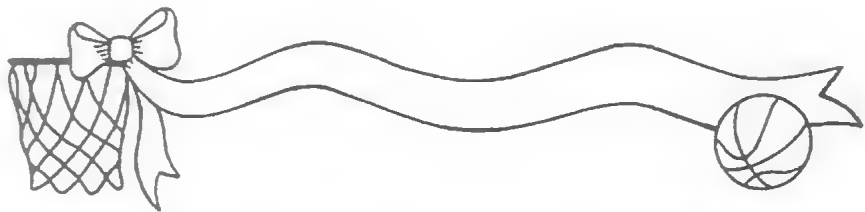
### **Topping:**

**1 lg. pkg. strawberry Jello**

**1 (16-oz.) pkg. frozen strawberries, cut in half**

Dissolve Jello in 2 cup boiling water. Add partially thawed strawberries. Let set 10 minutes. Pour over filling. Chill until set.

*Susan Davis*



## RASPBERRY-APPLESAUCE SALAD

**1 c. applesauce**

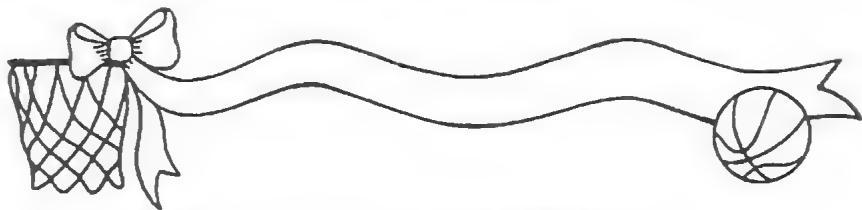
**1 (3-oz.) pkg. raspberry gelatin**

**1 (10-oz.) pkg. frozen raspberries, thawed**

Heat applesauce just to boiling. Add gelatin; mix well. Stir in raspberries. Pour into 8 or 9-inch mold and chill until set. Serve with sour cream or whipped cream. This makes a delicious festive salad! I always double the recipe to serve 4 big or 8 regular-sized helpings.

*Valda Schalow*



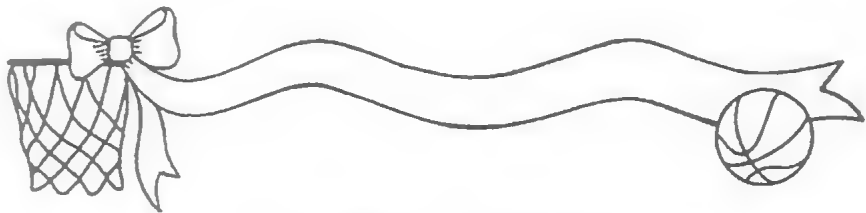


## **SOUR CREAM-DILL POTATO SALAD**

- 1 c. sour cream**
- $\frac{3}{4}$  c. mayonnaise**
- 3 T. vinegar**
- 1  $\frac{1}{2}$  tsp. salt**
- 1 tsp. Worcestershire sauce**
- 1 tsp. dill weed**
- $\frac{1}{2}$  tsp. sweet basil**
- $\frac{1}{4}$  tsp. pepper**
- 4 c. diced cooked potatoes**
- 1 c. celery, thinly sliced**
- $\frac{3}{4}$  c. onion, finely chopped**
- $\frac{1}{2}$  c. cucumber, diced, peeled, drained**
- $\frac{1}{2}$  c. green pepper, chopped**
- $\frac{1}{2}$  c. radishes, sliced**
- 3 hard-cooked eggs, diced**

Combine first eight ingredients; mix well. In another large bowl, combine remaining ingredients. Pour sour cream mixture over vegetables and toss lightly. Chill several hours to blend flavors. Serve on crisp greens with a stuffed olive in center. Makes 6 to 8 servings.

*Geneva Jones*  
*Recipe from Steve's mother*



## SPAGHETTI SALAD

**1 lb. box very thin spaghetti**

**1 green pepper, diced**

**1 sm. onion, chopped**

**1 sm. head cabbage, shredded**

**Salt**

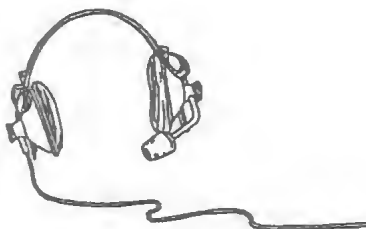
**Pepper**

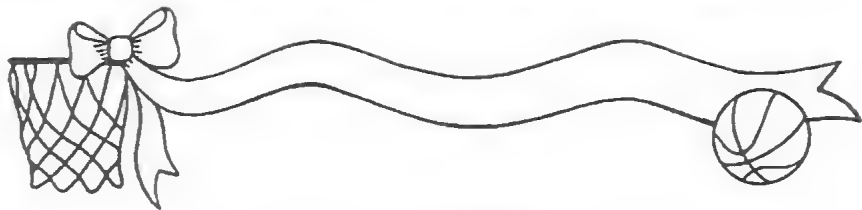
**1 (16-oz.) jar Marzetti slaw dressing**

**Parmesan cheese, grated**

Break spaghetti into 2-inch long pieces, cook according to directions. Rinse in cold water and drain, thoroughly. Put in large bowl, add cabbage, green pepper, onion, salt and pepper. Mix half a jar of Marzetti salad dressing throughout. Sprinkle Parmesan on top. Refrigerate overnight, covered. Before serving next day, add remaining Marzetti dressing, more Parmesan if desired and mix thoroughly. Keep refrigerated.

*Dottie Schonely*





## **TOSSED ANTIPASTO SALAD**

**1 c. bottled Italian dressing**

**1 T. fresh lemon juice**

**Salt**

**Freshly ground pepper**

**1 lg. zucchini, thinly sliced**

**1/2 med. cauliflower, broken into sm. florets**

**1/4 c. sliced green onion**

**6 slices Italian salami, cut into strips**

**1/4 c. freshly grated Parmesan cheese**

**8 c. crisp salad greens**

**4 lg. mushrooms, sliced**

**2 firm tomatoes, cut into wedges**

**1/4 lb. provolone cheese, cut into strips**

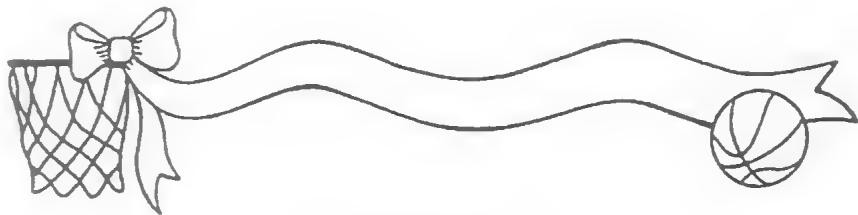
**1 (2-oz.) can black olives, drained, opt.**

**1 c. seasoned croutons**

Combine Italian dressing, lemon juice, salt and pepper in medium bowl and mix well. Add zucchini, cauliflower and onion and toss lightly to coat. Cover and marinate in refrigerator. Combine next 6 ingredients in large, salad bowl. Add vegetables with marinade and toss well. Add croutons, sprinkle with Parmesan cheese and toss again. This salad is especially good served with a pasta dish for a great light meal.

*Denise Cooper*





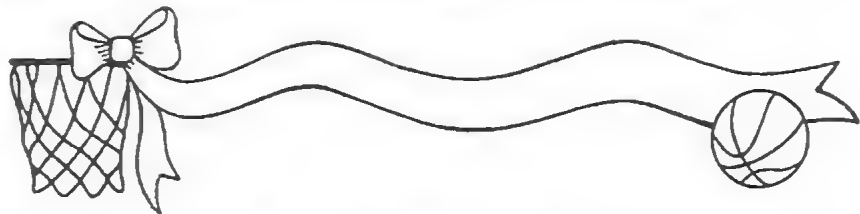
## SOUPS

### CAJUN VEGETABLE SOUP

- 1/2 lb. sliced bacon**
- 1/4 c. flour**
- 2 onions, chopped**
- 1 green pepper, chopped**
- 1 pkg. frozen okra**
- 3 stalk celery, chopped**
- 1 T. garlic, minced**
- 1 (35-oz.) can whole tomatoes, chopped & undrained**
- 2 1/2 cans chicken broth**
- 2 1/2 c. water**
- 2 bay leaves**
- 1 1/4 tsp. dry mustard**
- 1 tsp. thyme**
- 1/2 to 1 tsp. white pepper**
- 1 tsp. red pepper**
- 1/2 tsp. freshly ground black pepper**
- 2 c. frozen corn**
- 1/2 c. rice**

In skillet, cook bacon until crisp. Drain and save drippings. In same skillet make a dark roux with 4 tablespoons drippings. Whisk in flour. In large Dutch oven heat 3 tablespoons drippings. Add okra. Cook 3 to 5 minutes. Add onions, green pepper, celery and garlic. Cook slowly until onions are transparent, 10 minutes. Stirring frequently, blend in roux. Add bacon, chicken broth, water, tomatoes and seasonings. Simmer covered 45 minutes. Add corn and rice. Simmer 20 minutes. Tips in making roux. Cook over very low heat and stir constantly until dark brown. This is a favorite winter soup!

*Mimi Williams*



## **CREAM OF CARROT SOUP**

**1/2 c. chopped onion**  
**2 T. butter**  
**2 T. flour**  
**Salt**  
**Pepper**  
**2 1/2 c. milk**  
**1 c. carrot juice, canned or fresh**

Saute onion in butter. Blend in flour and seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk and carrot juice. Bring to a boil. Boil 1 minute, stirring constantly. Serve topped with croutons and minced parsley. Serves 4.

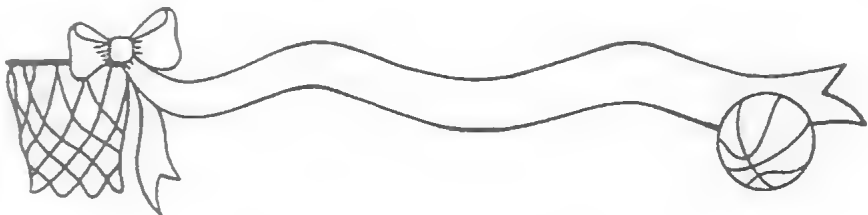
*Valda Schalow*

## **EASY SPICY TOMATO SOUP**

**1 can tomato soup**  
**1 tomato soup canful milk**  
**1 slice onion**  
**Pinch cinnamon**  
**Pinch clove**  
**1 bay leaf**  
**Dash Tabasco, opt.**

Heat the tomato soup with onion, cinnamon, clove and bay leaf. Add milk. Heat again. This is delicious with grilled cheese sandwiches too!

*Valda Schalow*

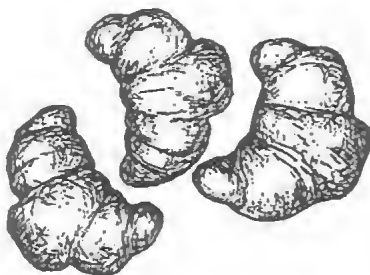


## HEARTY BEEF SOUP

- 1 lb. chopped beef**
- 1 c. onion, chopped**
- 3 c. water**
- 1 (28-oz.) can tomatoes**
- 1 c. carrots, diced**
- 1 c. celery, diced**
- 1 c. potatoes, cubed**
- 2 tsp. salt**
- 1 T. bottled brown Bouquet sauce**
- $\frac{1}{4}$  T. black pepper**
- 1 bay leaf**
- $\frac{1}{8}$  tsp. basil**

In a large saucepan, cook and stir meat until brown. Drain off fat. Add onions, cook and stir. Stir in remaining ingredients, heat to boiling. Reduce heat, cover and simmer until vegetables are tender. Serves 6.

*Mary Kay Adelman*





## IRISH SOUP

**2 sticks margarine**

**1 c. onions, diced**

**4 carrots, diced**

**1 lg. turnip, diced**

**4 leeks, diced**

**1 tsp. parsley**

**1 tsp. chives**

**1/2 tsp. thyme**

**Salt**

**Pepper**

**1 pt. 1/2 & 1/2**

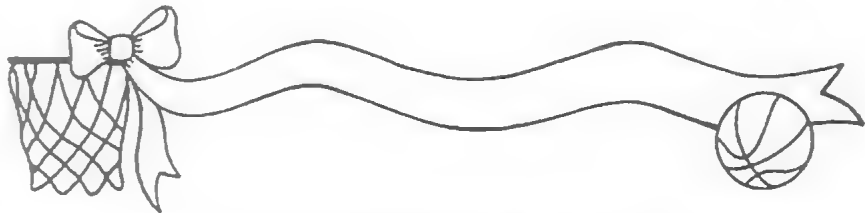
**2/3 c. flour**

**2 qts. chicken stock**

Melt margarine. Add diced vegetables. Cook for a few minutes until coated. Add flour gradually and mix well. Gradually add stock, stirring. Bring to a boil, lower heat and cook 15 to 20 minutes. Add cream and serve.

*Diane Wetzel*

*The onion eater and his brother,  
Though inoffensive to each other  
Are by their diet alienated  
From those who've not participated.  
~Richard Armour*

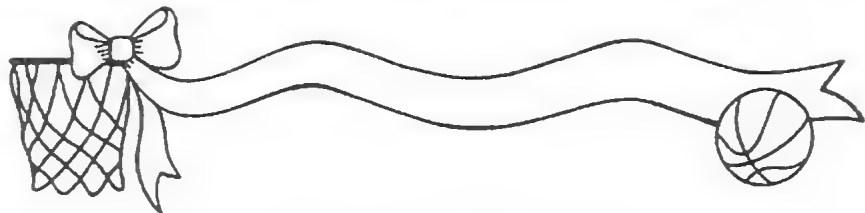


## ITALIAN VEGETABLE SOUP

- 1 lb. ground beef**
- 1 c. diced onion**
- 1 c. sliced celery**
- 1 c. sliced carrots**
- 2 cloves garlic, minced**
- 1 (16-oz.) can tomatoes**
- 1 (15-oz.) can tomato sauce**
- 1 c. frozen or fresh green beans cut into 1-inch pieces, opt.**
- 1 (15-oz.) can red kidney beans, undrained**
- 5 tsp. beef bouillon granules**
- 1 T. dried parsley flakes**
- 1 tsp. salt**
- $\frac{1}{2}$  tsp. oregano**
- $\frac{1}{2}$  tsp. sweet basil**
- $\frac{1}{4}$  tsp. black pepper**
- 2 c. shredded cabbage**
- $\frac{1}{2}$  c. sm. elbow macaroni**
- Parmesan cheese**
- 2 c. water**

Brown beef in large heavy kettle, drain. Add all the ingredients except cabbage, green beans, macaroni and Parmesan cheese. Bring to boil. Lower heat; cover and simmer 20 minutes. Add cabbage, green beans and macaroni; bring to boil and simmer until vegetables are tender. If you prefer a thinner soup, add additional water or broth. Sprinkle with Parmesan cheese before serving. Low in sugar, salt and fat. Yield 8 servings.

*Roberta Shimensky*



## KATHY'S GASPACHO

**4 c. diced tomatoes**  
**1/2 c. chopped green pepper**  
**3/4 c. chopped onion**  
**1 clove garlic**  
**2 c. beef bouillon**  
**1/2 c. lemon juice**  
**1/4 c. olive oil**  
**1/2 c. chopped cucumber**  
**Tabasco**

Mix together, serve cold. Makes 6 cups.

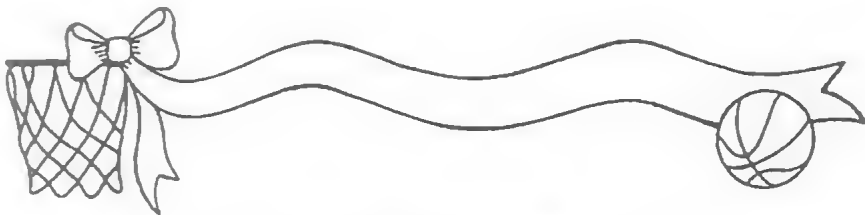
*Kathy Rice*

## MUSHROOM-BARLEY SOUP

**8 oz. (3 c.) fresh mushrooms, sliced**  
**1 med. (1/2 c.) onion, chopped**  
**1 clove garlic, minced**  
**3/4 c. quick cooking barley**  
**3/4 tsp. ground sage**  
**5 c. chicken broth**

Spray a 3-quart covered saucepan with cooking oil to saute onions and mushrooms. Cook until tender but not brown (approximately 5 minutes). Stir in barley and sage. Add broth. Bring to a boil then reduce heat. Cover and simmer for 20-30 minutes. Serves 4 to 6.

*Ruth Cook*



## POTATO BACON CHOWDER

**8 strips bacon, cut into pieces**

**1 c. chopped onion**

**2 c. cubed potatoes**

**1 c. water**

**1/2 tsp. salt**

**Dash pepper**

**1 can cream of chicken soup**

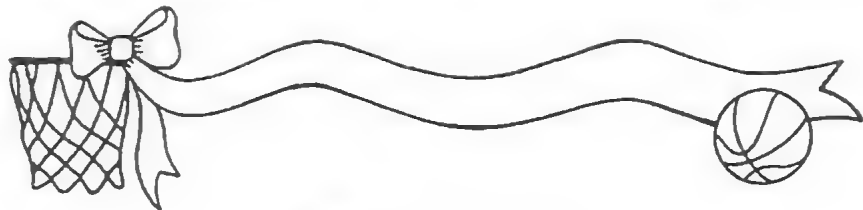
**1 c. sour cream**

**1 3/4 c. milk**

**2 T. chopped parsley**

Cook bacon until crisp in a 3-quart saucepan. Add onions, saute 3 minutes. Pour off the bacon grease. Add potatoes, water, salt and pepper. Bring to a boil. Cover and simmer 10 to 15 minutes or until potatoes are tender. Gradually stir in canned soup, milk, sour cream and parsley. Bring to serving temperature over low heat, stirring occasionally. Do not boil.

*Bette Petrie  
Recipe from Geoff's mother*



## SALMON SOUP

Use the following proportions for each serving:

**4-6 cubes of fish**

**1 artichoke, bottom quartered**

**A scant tsp. of tomato (fresh**

**tomato should be peeled, seeded, drained)**

**2 c. light fish stock**

**1 sprig fresh dill**

**Tarragon**

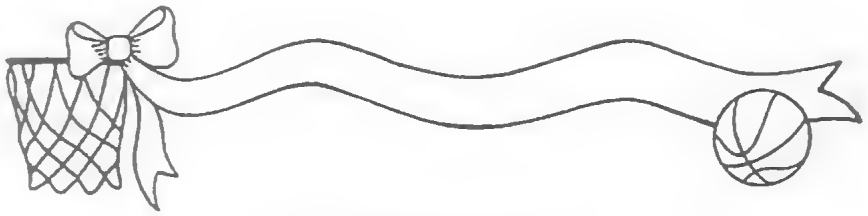
**Rosemary**

**Salt**

Filet fish and cut 1 x 1 x 1/2-inch cubes. Marinate in tarragon, rosemary and salt. Cook artichokes until 3/4 done, in water and lemon juice. Remove and hold in lemon juice and fish stock. Poach fish and artichoke bottoms in stock, approximately 5 minutes. Remove from stock and keep warm. Reduce stock by half. Add a few drops of cream - only enough to cloud stock. Add tomatoes. Turn off fire. Place fish and artichokes in flat soup plate, add reduced stock and garnish with a sprig of fresh dill. This is a favorite recipe from the Four Seasons Clift Hotel in San Francisco which we've had several times.

*Carol Jones*





## SPINACH SOUP

**1 (10-oz.) pkg. frozen spinach, chopped, thawed**

**2 c. milk**

**2 c. vegetable broth**

**1 tsp. finely chopped onion**

**2 T. butter**

**2 T. flour**

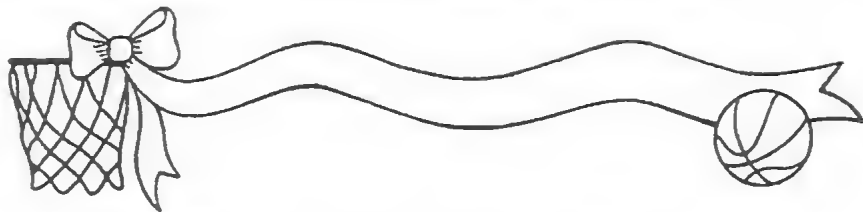
**Salt, opt.**

**Pepper**

Saute onion in butter. Blend in flour and seasonings. Stir over medium heat until smooth and bubbly. Stir in spinach. Bring to boil and boil for one minute stirring constantly. Remove from heat, gradually stir in milk and broth. Heat before serving. Vegetable broth comes in cubes or packages and can be found in the store where the chicken broth is located.

*Valda Schalow*

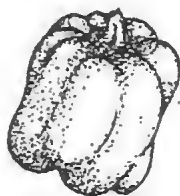


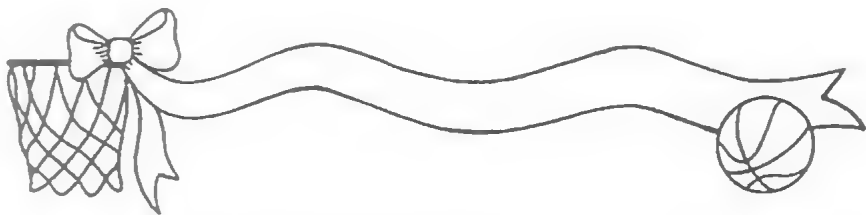


## SUMMER CORN & CHILI PEPPER SOUP

- 6 ears fresh corn, shucked or 2 pkgs. thawed frozen corn kernels
- 1 tsp. olive oil
- 2 med. onions, chopped (2 c.)
- 2 <sup>1</sup>/<sub>2</sub> c. chicken broth
- 2 c. low fat milk
- 4 garlic cloves, minced
- 2 jalapeno chilies, seeded, minced
- <sup>3</sup>/<sub>4</sub> tsp. salt
- <sup>1</sup>/<sub>2</sub> tsp. sugar
- 2 med. tomatoes, peeled, seeded & diced
- <sup>1</sup>/<sub>2</sub> tsp. balsamic vinegar
- 1 <sup>1</sup>/<sub>2</sub> oz. chopped turkey ham
- 2 T. fresh lime juice
- <sup>1</sup>/<sub>2</sub> c. fresh coriander or basil, chopped
- 2 T. chives, opt.

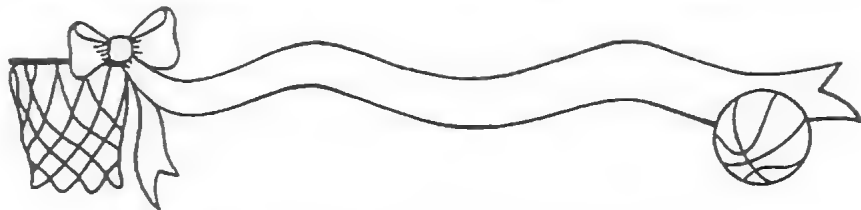
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Into a large bowl, using a thin sharp knife, slice the corn kernels from each cob. Scrape the cobs lengthwise to extract any juices. Reserve corn kernels and cobs. In a heavy saucepan, combine olive oil and onions. Cover and cook over low heat until translucent, approximately 5 minutes. Stir in corn kernels. Cover and cook 4 minutes longer. Stir in chicken stock, 1 cup of the milk, garlic, chilies, salt and sugar. Nestle reserved cobs into mixture. Bring to a boil. Reduce heat. Cover and simmer until corn is tender, approximately 15 to 25 minutes. Older or winter corn takes longer than young summer corn. Meanwhile, in a small bowl, toss tomatoes with vinegar. Cover and refrigerate until ready to use. Remove cobs from soup and discard. Stir in remaining 1 cup milk. Using a slotted spoon, scoop out approximately  $\frac{3}{4}$  cup of the corn and onion mixture from broth and set aside. Working in batches if necessary, transfer soup to a food processor. Puree to a coarse consistency. Return to saucepan and stir in ham, lime juice and reserved corn and onion mixture. To serve, heat over moderate heat, stirring, until it just reaches the boiling point. Stir in coriander or basil. Ladle into 6 soup bowls. Mound each with 2 tablespoons diced tomato/onion mixture in center. Sprinkle chives on top. Makes 6 servings, 161 calories, 8.5 grams protein, 5.5 grams fat, 21.8 grams CHO. This soup will keep refrigerated for 5 days and frozen for up to 3 months.

*Ruth Cook*



## VALDA'S BLENDER GASPACHO

**6 to 7 ripe tomatoes, peeled**

**1 to 2 garlic cloves**

**1/2 onion**

**1 carrot coarsely chopped**

**1 sm. cucumber, peeled & chopped**

**1 green bell pepper, seeded & chopped**

**2 parsley sprigs**

**3 to 4 T. fresh basil**

**4 to 8 T. fresh lemon juice**

**Little salt**

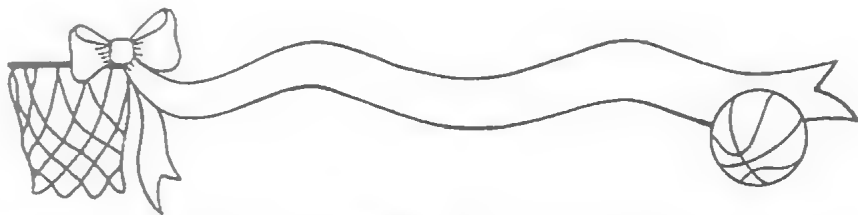
**Little pepper**

**3 to 4 c. V-8 or tomato juice**

Blend everything in a blender until smooth. Chill several hours. That's all! This keeps in refrigerator very well for approximately 3 days.

*Valda Schalow*



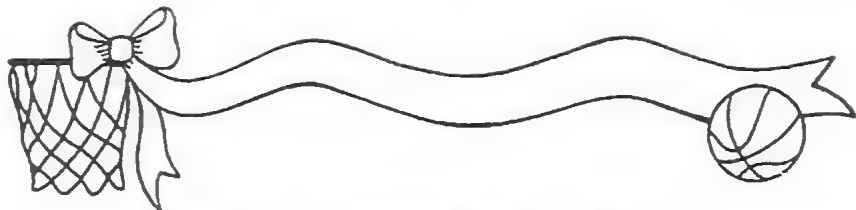


## VEGETABLES & JARLSBERG CHEESE SOUP

- 3 T. butter**
- 3 T. flour**
- 4 c. chicken broth**
- 2 c. coarsely chopped broccoli**
- $\frac{3}{4}$  c. shredded carrots**
- $\frac{1}{2}$  c. chopped celery**
- 1 sm. onion, chopped**
- 1 sm. clove garlic, minced**
- $\frac{1}{4}$  tsp. thyme, crushed**
- $\frac{1}{2}$  tsp. salt**
- $\frac{1}{8}$  tsp. pepper**
- 1 c. half & half**
- 1 egg yolk**
- 1  $\frac{1}{2}$  c. shredded Jarlsberg cheese**

In a 4-quart heavy saucepan melt butter, add flour and cook several minutes, stirring constantly. Add vegetables and seasoning. Cover and simmer vegetables until tender. Blend half and half with egg. Gradually blend several tablespoons of soup into egg and cream mixture. Return to soup, stirring until somewhat thickened. Blend in cheese and serve. Serves 6 to 8. This is a great soup to whip up during the winter. Salad and bread completes the meal.

*Susan Porter*



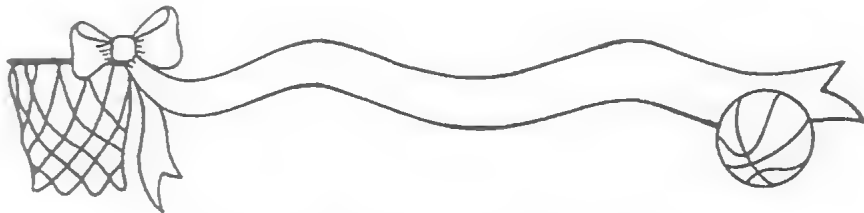
## SAUCES AND DRESSINGS

### CHERRY SAUCE

- 1 1/2 c. water**
- 1/2 c. cider vinegar**
- 2 tsp. mixed pickling spice**
- 1 c. brown sugar**
- 1 jar of maraschino cherries**
- 2 T. cornstarch**
- 2 T. butter**

Combine water, vinegar, brown sugar and pickling spice. Boil for 10 minutes. Strain. Mix cherry juice and water to equal 1 cup liquid with cornstarch. Stir into sauce. Add butter and thicken slightly. Then add cherries and boil another minute or so. This is a thin sauce. We don't eat ham without this sauce!

*Michelle Ainge*



## **LIGHT SALAD DRESSING**

**1 clove garlic, halved**

**3 T. olive, safflower or unrefined sunflower oil**

**1 T. fresh lemon juice**

**$\frac{1}{4}$  tsp. sea salt**

**Ground pepper**

Place all ingredients in measuring cup and allow to sit for 15 minutes or longer so garlic flavors oil. Pierce garlic with fork and whip ingredients together with that fork. Discard garlic. I always use lemon juice instead of vinegar in dressings. Lemon juice has a lighter fresh taste instead of being pungent and bitter. Enough for 1 large and 2 small salads.

*Valda Schalow*

## **MOCK HOLLANDAISE SAUCE**

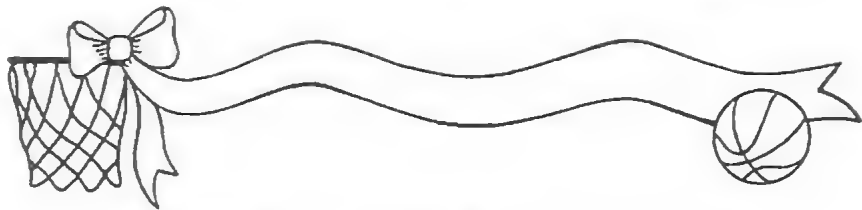
**1 (10  $\frac{1}{2}$ -oz.) cream of mushroom soup**

**$\frac{1}{4}$  c. mayonnaise**

**1 T. lemon juice**

Blend all ingredients. Cook over low heat, stirring occasionally, until sauce has heated through. Serve over cooked broccoli, carrots or asparagus. Fresh veggies are the best! Makes 1  $\frac{1}{2}$  cups sauce.

*Valda Schalow*



## POPPY SEED SALAD DRESSING

- 1  $\frac{1}{2}$  c. sugar**
- 2 tsp. dry mustard**
- 2 tsp. salt**
- $\frac{2}{3}$  c. vinegar**
- 2 c. salad oil**
- 2 T. poppy seeds**

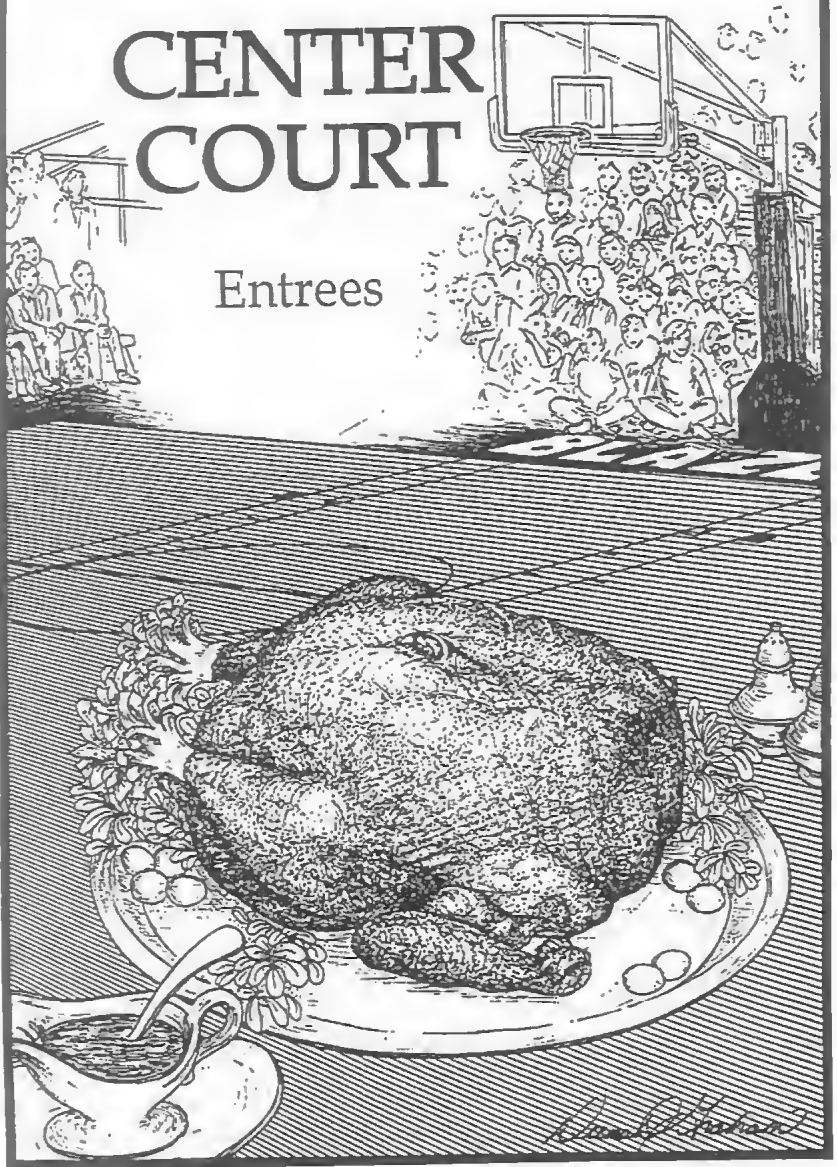
Mix sugar, salt, vinegar and mustard. Stir thoroughly. Slowly add oil, beating constantly until thick. Stir in poppy seeds.

*Kathy Rice*



# CENTER COURT

Entrees



*David L. Johnson*

# Helpful Hints

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

You may enjoy red meats on occasion, but try to limit yourself to 2-4 servings per week. In order to make these meat treats extra special, do not eat fast-food burgers and sandwiches, but do take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil, fat, butter or margarine. Fat from the meat will render out during cooking, and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet. Pork should be cooked to the well-done stage, but not burned.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, I'm afraid there isn't much to be done about the marbling. Stay away from well-marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. Often we can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and, while you're at it, do the same to the amount of salt called for. Of course this trick does not work with deep-fried foods and such. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and cut into chunks if desired. Sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes, and you will have succulent, tender meat.

## HERBAL VINEGARS

Vinegar used to be looked at as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available...use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail. Also good to sprinkle on leafy greens or fresh vegetables.



## MEATS

### BUCK WILLIAMS' FAVORITE MEAT LOAF

- 1 clove garlic, minced**
- 1 onion, chopped**
- 2 stalks celery, chopped**
- 1 bell pepper, chopped**
- 1 egg, beaten**
- $\frac{1}{2}$  c. seasoned bread crumbs**
- 1  $\frac{1}{2}$  lbs. ground sirloin**
- Salt to taste**
- Pepper to taste**
- 1 T. Worcestershire sauce**
- $\frac{1}{2}$  c. barbecue sauce**

Except for barbecue sauce, mix all ingredients thoroughly. Shape into a loaf. Top with barbecue sauce and bake uncovered for 1 hour at 350°.

*Mimi Williams*

### CLYDE AUSTIN'S FAVORITE DRUMSTICKS

- 12 chicken drumsticks**
- $\frac{1}{4}$  c. melted butter**
- 1 c. herb seasoned stuffing**
- $\frac{2}{3}$  c. Parmesan cheese**
- $\frac{1}{2}$  tsp. parsley**

Skin chicken. Dip in butter. Combine remaining ingredients, rolling chicken pieces in this mixture. Bake for 1 hour at 350°. Tastes great with wild rice or fresh spinach pasta. Serves 4.

*Gaynell Drexler*



## CORN BEEF & CABBAGE

**1 (4-6 lb.) corned brisket of beef (do not rinse meat)**

**2 heads of cabbage, cut into wedges**

**Pinch of salt**

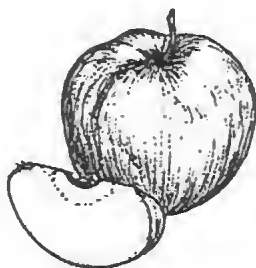
**3 bay leaves**

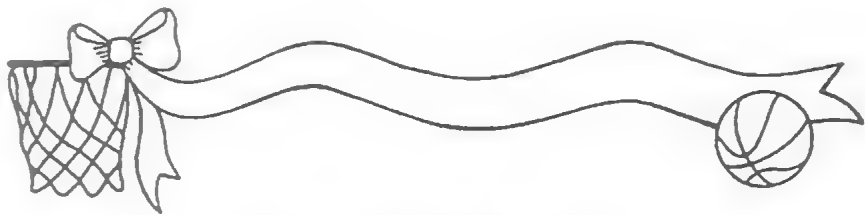
**Pinch black pepper**

**Pinch crushed red peppers**

In large Dutch oven add enough water to cover half of brisket. Add salt, pepper and bay leaves. Cover and simmer for 4 hours or until fork tender. Add cabbage wedges. They will overlap and fill the pot. Sprinkle additional salt, pepper and red pepper to taste on wedges and simmer covered 30 minutes or until cabbage is tender. Serve with mustard or horseradish. Serves 4 to 6.

*Shelley Bryant*





## COUNTRY-STYLE RIBS

**3 pkgs. country-style spare ribs, approx. 12-14 boneless ribs**

**2 c. brown sugar**

**1 c. crushed pineapple**

**$\frac{1}{4}$  c. chopped onion**

**2 T. cornstarch**

**$\frac{1}{4}$  c. vinegar**

**$\frac{1}{2}$  c. catsup**

**2 to 3 T. soy sauce**

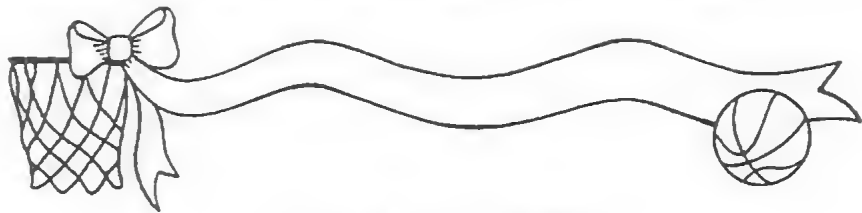
Separate ribs, cook in shallow foil-lined pan at 425° for 30 minutes. Drain fat. Set aside. Combine remaining ingredients in saucepan. Over medium heat, cook until boiling, stirring constantly. Salt and pepper ribs. Spoon half of the sauce over ribs. Cover with foil. Bake covered at 350° for 45 minutes. Turn ribs, using remaining sauce to cover again. Cover with foil and return to oven for 30 minutes more at 350°. Serve with rice and pass extra sauce.

*Michelle Ainge*

## DINNER IN LESS THAN 30 SECONDS

The only recipe I have is, whenever in doubt, I make a reservation!

*Jim Paxson*



## EASY BEEF ROAST

**5 lbs. beef roast**

**1 can cream of mushroom soup**

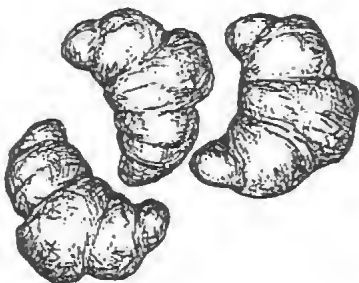
**1 can onion soup**

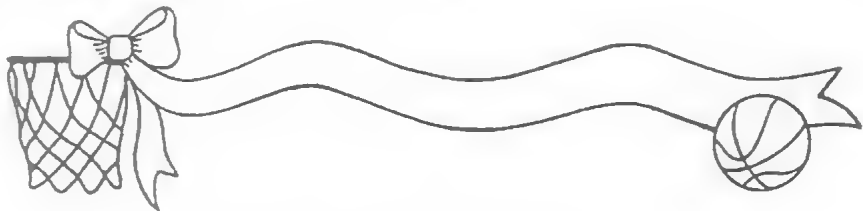
**Salt to taste**

**Pepper to taste**

Heat oven to 450°. When ready to cook roast, lower heat to 350°. Salt and pepper roast. Place in roaster or wrap in foil. Depending on size of the roast, cook approximately 1 to 2 hours. Remove from stove and add soups. Return to oven and cook 1 to 2 hours more. This makes a thick brown gravy. Serve gravy over potatoes or rice.

*Elizabeth Kersey*

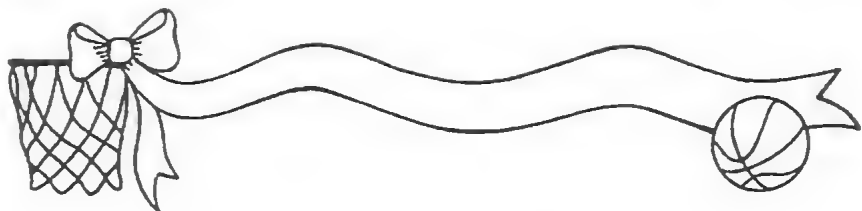




## **GERMAN PORK LOIN STUFFED WITH SAUSAGE**

- 1 lg. boneless pork loin, 6 to 8 lbs.**
- 1 Polish sausage, approx. 1-inch in diameter & as long as the loin**
- 1 med. onion**
- 2 cloves garlic, minced**
- 1 rib celery**
- 1 carrot**
- 2 T. chef's salt \***
- 1 T. caraway seeds**
- 1 qt. water**

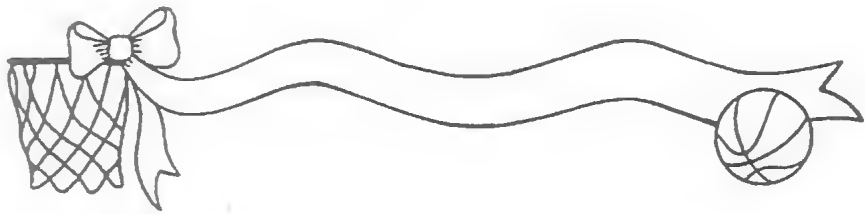
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Pierce skin of sausage with a fork in several places along its length. Then wrap it tightly with freezer wrap to straighten it out. I use a long wooden spoon alongside to keep it straight. Freeze sausage. Trim any and all fat from loin. Save fat. With a long thin-bladed knife held parallel to cutting board, carefully push blade through a center of entire length of pork loin, keeping in the middle of the eye of the loin as much as possible. Remove knife, turn blade a half turn and push it through a second time so that you have a cross-cut lengthwise through the center of the meat. Insert stiffly frozen sausage into pork loin starting at one end of the roast, gently pushing and twisting until sausage is all the way through the meat. Cut fat trimmings into  $\frac{1}{4}$ -inch cubes. Saute until dark brown. Slice onion (skin included), carrot and celery. Place in bottom of roasting pan. Pour water over vegetables and add caraway seeds and garlic. Rub chef's salt into surface of pork loin. Place loin on top of vegetables. Pour smoking hot fat over meat. Cover pan and roast in  $350^{\circ}$  oven, basting with pan drippings every 20 minutes for approximately  $1\frac{1}{2}$  hours or until thermometer inserted into thickest part registers  $165$  to  $170^{\circ}$ . Remove from pan to serving platter; keep warm. Strain pan juices into a tall, narrow container and let stand until fat comes to top. Skim off fat. Pour juices into pan. Press vegetables through sieve into juices. Discard solids. Bring juices to boil and reduce to approximately half. Thicken with flour or cornstarch dissolved in milk. To serve, slice loin and serve with sauce. Accompany with sweet and sour cabbage and potato pancakes. **Note:** This dish is quite easy - but elegant. Serve hot or cold thin-sliced on a buffet table. To serve cold, refrigerate several hours. Don't worry about the sausage falling out. As the pork cools the muscles contract and grip the sausage and a natural gelatin present in the meat acts as a glue to hold meat and sausage together. This is an extremely popular dish that hungry men love!

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### **Chef's Salt\***

**1 c. salt**

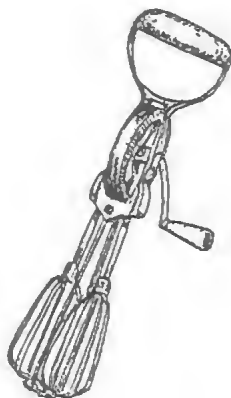
**1 tsp. freshly ground black pepper**

**1 T. paprika**

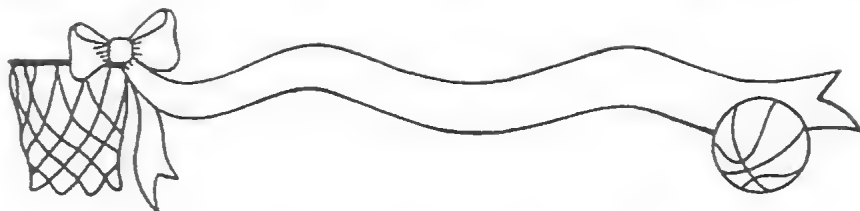
**¼ tsp. garlic powder**

Mix all ingredients well and keep in a jar. Use, instead of salt, to season any meat.

*Paula Buckwalter*



*It takes less time to do a thing right than to explain why you did it wrong. --Longfellow*

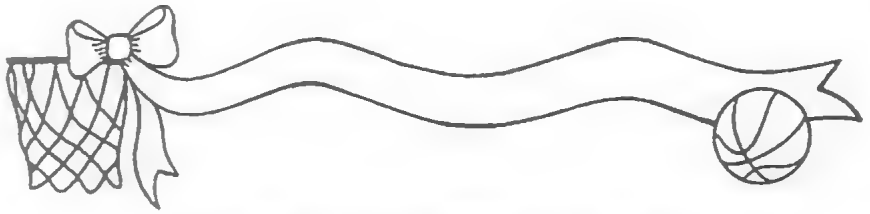


## **GRANDMA'S GERMAN SAUERBRATEN WITH GINGERSNAP GRAVY**

**8-10 lbs. chuck roast**  
**3 lg. onions, sliced**  
**4 bay leaves**  
**6 whole cloves**  
**12 peppercorns**  
**12 juniper berries**  
**2 tsp. salt**  
**1 pt. red wine vinegar or red wine**  
 **$\frac{3}{4}$  c. boiling water**  
**2 tsp. sugar**  
**10-12 gingersnaps, crumbled**

Place roast in glass or pottery bowl, not plastic or metal, with onions and seasonings (except for sugar and gingersnaps). Pour mixture of wine, vinegar and boiling water over meat. Marinate in refrigerator 4 or more days. Turn meat twice a day with wooden spoons. Never pierce with fork. To cook, drain meat and brown thoroughly. Cover and simmer until tender. Put meat on platter, pour off any fat. Add 2 teaspoons sugar and crumbled gingersnaps. Cook 10 minutes. Thicken with flour paste (1 tablespoon per 1 cup liquid), boil one minute. Serve with German potato pancakes and sweet and sour cabbage. Seasoning mix for sauerbraten may be purchased at any German deli.

*Paula Buckwalter*



## **HAWAIIAN PORK CHOPS**

**4-6 thick pork chops**

**$\frac{1}{4}$  c. vinegar**

**$\frac{1}{2}$  c. catsup**

**1 (9-oz.) can crushed pineapple, undrained**

**1 T. soy sauce**

**3 T. brown sugar**

**$\frac{1}{4}$  tsp. ginger or grated fresh ginger**

Brown chops. Pour off fat. Combine remaining ingredients and pour over chops. Cover and bake at 350° for 45 minutes to 1 hour, until tender. Bake in 9 x 13-inch baking dish. Serve with rice or pasta. This recipe comes from Hawaii, served to us by the director of the Aloha Classic basketball tournament.

*Paula Buckwalter*

## **HOMEMADE TACO MIX**

**2 tsp. minced dried onion**

**1 tsp. salt**

**1 tsp. chili powder**

**$\frac{1}{2}$  tsp. cornstarch**

**$\frac{1}{2}$  tsp. crushed red pepper**

**$\frac{1}{2}$  tsp. minced dried garlic**

**$\frac{1}{4}$  tsp. oregano**

**$\frac{1}{2}$  tsp. ground cumin**

This amount equals one package of purchased taco seasoning or enough for one pound ground beef (I use chicken). Multiply the ingredients and store in a jar. To use, count 2 tablespoons as one package.

*Diane Wetzel*



## KEVIN'S FAVORITE TATER TOTS

- 1 lb. ground hamburger or turkey**
- 1 lg. onion, chopped**
- 1 pkg. Tater Tots**
- 1 can cream of mushroom soup, mixed with  $\frac{1}{2}$  can water**

Spray bottom of 7 x 12-inch baking dish with vegetable coating. Cover bottom with frozen Tater Tots in single layer. Bake at 400° for 10 minutes. Saute hamburger and onion. Mix soup and water together with meat mixture and pour over Tater Tots. Bake at 350° for 20 minutes, until it bubbles.

*Shawn Harris*

## LAMB CHOPS

- 8 lamb chops**
- 1 T. salt**
- 1 T. pepper**
- 2 lg. onions, grated**
- 1 c. water**

Combine onion, salt and pepper. Put the lamb chops in a tray and cover them with the onion mixture. Pour water into the tray and bake at 350° for 1 hour covered with aluminum foil. After 30 minutes, turn the lamb chops once.

*Ferial Abdelnaby*  
*Recipe from Alaa's mother*



## OVEN BARBECUED PORK CHOPS

**8 loin pork chops, cut 1-inch thick**

**Salt to taste**

**Pepper to taste**

**8 slices lemon, 1/4-inch thick**

**8 slices of onion, 1/4-inch thick**

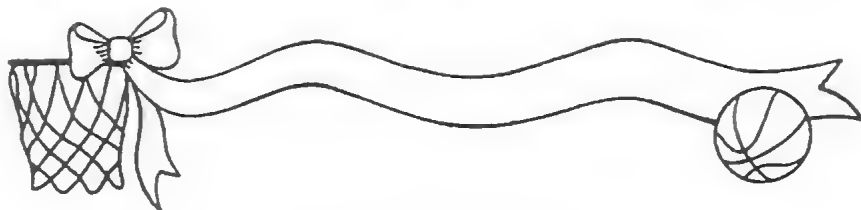
**1/2 c. brown sugar**

**1 (8-oz.) can tomato sauce**

Brown chops in skillet; arrange in casserole dish and season with salt and pepper. Top with lemon and onion slices. Mix brown sugar and tomato sauce together. Pour over meat. Cover and bake for 1 hour at 325°. Baste occasionally. Remove cover and bake 15 minutes longer. Serves 4 to 8.

*Shelley Bryant*





## OX TAIL STEW

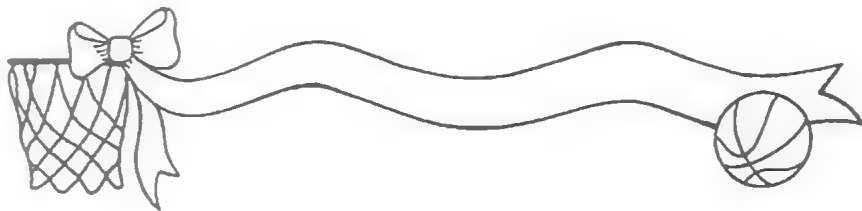
**10-15 ox tails**  
**2 boxes of frozen mixed vegetables\***  
**1 box of frozen okra\***  
**1 lg. can whole tomatoes**  
**1 sm. can tomato paste**  
**1 med. can tomato sauce**  
**1 med. sliced onion**  
**4 med. diced uncooked potatoes**  
**1 T. garlic powder**  
**1 T. onion powder**  
**1 T. salt**  
**1 tsp. black pepper**  
**1 T. Lawry's seasoning salt**  
**2 bay leaves**

In large 8-quart pot cook ox tails, onions, all seasonings and bay leaves in 6-quarts of water. On low heat cook one hour or until meat is very, very tender. When meat is ready, add remaining ingredients and one cup of water. Cook until potatoes are done, approximately 15 minutes. Serve with cooked rice or with corn-bread. \*Frozen vegetables are preferred because they are prepared and evenly mixed, although you are welcome to use fresh. Makes 6 to 8 servings.

*The Bryants*

*Every moving thing that lives shall be food for you. I have given you all things as the green herbs. ~Genesis 9:3*

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## **PICOZHKI**

**(Ukranian)**

**1 c. milk**  
**3 T. margarine or butter**  
**2  $\frac{3}{4}$  to 3  $\frac{1}{4}$  c. flour**  
 **$\frac{1}{4}$  c. sugar**  
**1 tsp. salt**  
**1 egg**  
**5 tsp. dry yeast**

### **Cheese Mixture:**

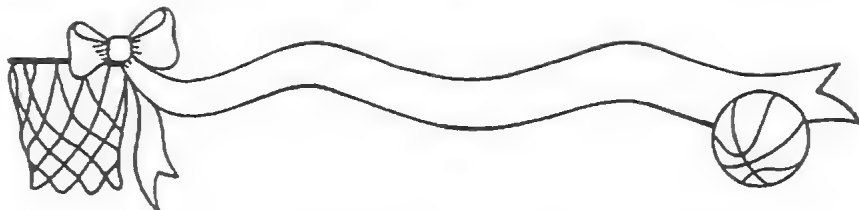
**1 lb. dry cottage cheese**  
**2 eggs**  
**1 tsp. salt**

### **Meat Mixture (opt.):**

**1 lb. hamburger, seasoned & browned**  
**1 head grated cabbage, cooked until limp**

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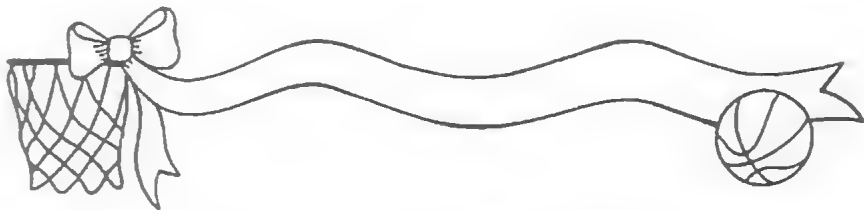




In microwave heat milk and butter until very warm (120 to 130°). In mixer bowl blend warm liquid, 1 cup flour, sugar, salt, yeast and egg at low speed, until moistened. Beat 2 minutes at medium speed. Change to dough hook. Stir in remaining flour to form a soft dough. Knead dough until it feels smooth and elastic. Place dough in greased bowl. Turn greased side up. Cover; let rise until light and doubled in size, 45 to 60 minutes. Punch down dough on well-floured surface, toss dough lightly until no longer sticky. Roll out dough to 16 x 16-inch square. Cut into 4-inch squares. Place some cheese mixture on each square. Bring corners to center. Pinch edges together firmly. Place seam-side-down, in large, greased pan. Brush with melted shortening. Let rise until double. Approximately 45 minutes. Brush again with melted shortening. Bake for 15-20 minutes at 375°. Serve with a dollop of sour cream on top. Can also use meat mixture in place of cheese mixture. Makes 18 rolls.

*Patty Wasch*





## PORCUPINE MEAT BALLS

**1 lb. ground beef or turkey**

**$\frac{1}{2}$  c. Minute Rice**

**$\frac{1}{2}$  c. water or milk**

**$\frac{1}{2}$  c. chopped onion**

**1 tsp. salt**

**$\frac{1}{4}$  tsp. garlic salt**

Mix all ingredients together well. Shape into large balls, approximately 10. Place in electric frying pan.

### **Mix together:**

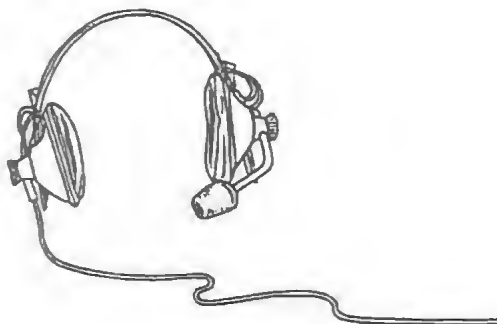
**1 (16-oz.) can tomato sauce**

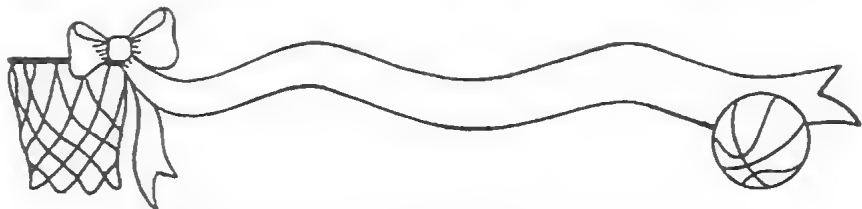
**1 c. water**

**2 tsp. Worcestershire sauce**

Pour over meatballs and simmer 45 minutes. A quick meal for people on the go!

*Kathy Sabrowski*



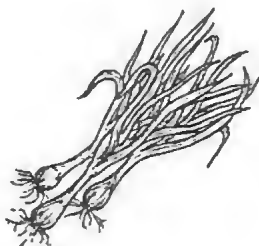


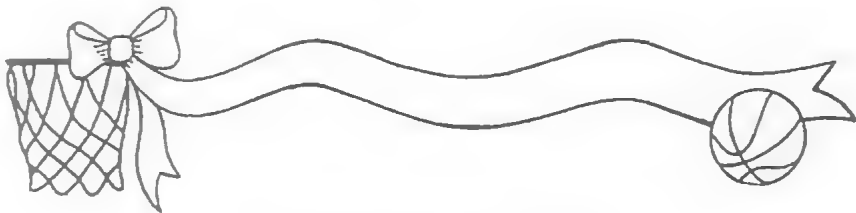
## ROLLED FLANK STEAK POLENTA

- 1  $1\frac{1}{2}$  to 2 lb. flank steak**
- 1 strip salt pork or bacon strips**
- 4 green onion, chopped**
- 1 clove garlic, minced**
- 1 T. oil**
- $\frac{1}{2}$  lb. chorizo (Mexican sausage)**
- 1  $\frac{1}{4}$  c. parsley, chopped**
- 2 tsp. chopped red peppers**
- 1  $\frac{1}{2}$  tsp. chili powder**
- Dash oregano**
- 1 c. cooked cornmeal**

Brown onion and garlic in oil; add chorizo. Cook, stirring until chorizo breaks up and is crumbly. Add remaining ingredients, stirring and cooking together for approximately 5 minutes or until thoroughly mixed. Lay mixture on meat. Roll flank steak and secure with toothpicks. Lay salt pork or bacon on rolled flank steak to prevent lean meat from drying out. Place on rack or broiler pan and cook for 1 hour at  $425^{\circ}$ . Chorizo is a soft sausage in a casing, approximately the consistency of ground beef. Don't buy the kind that is hard and already cooked.

*Diane Wetzel*





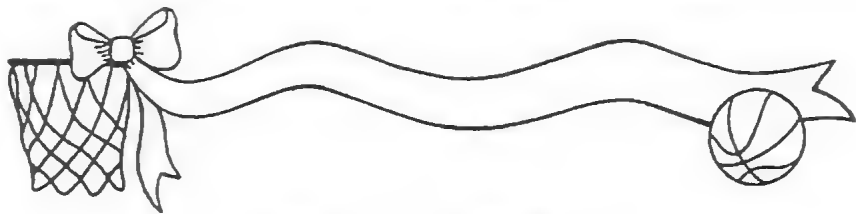
## ROMA MEAT LOAF

- 1  $\frac{1}{2}$  lbs. lean ground beef**
- 1 egg**
- $\frac{1}{4}$  c. Italian cracker crumbs flavored**
- $\frac{1}{2}$  c. chopped onion**
- 2 (8-oz.) cans tomato sauce with cheese**
- 1 tsp. oregano**
- $\frac{1}{8}$  tsp. pepper**
- 2 c. shredded mozzarella cheese**

Mix beef, egg, crumbs, onion,  $\frac{1}{2}$  cup tomato sauce, oregano and pepper and make a flat rectangle of meat, 10 x 12-inch on waxed paper. Put on all cheese and roll up like a jellyroll, pressing ends to seal. Bake in shallow baking dish for 1 hour at 350°. Drain off fat and pour remaining sauce over and bake an additional 15 minutes. Serves 4 to 6. Use 3 loaves for 12.

*Dottie Schonely*



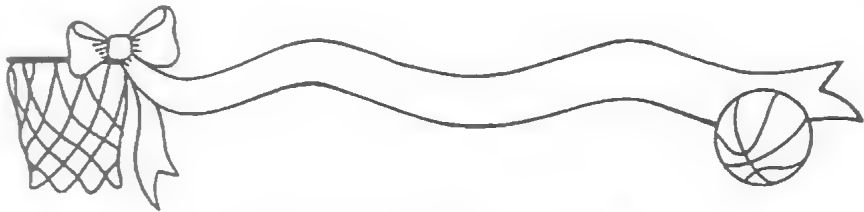


## SKILLET TAMALES PIE

- 1 T. vegetable oil**
- 1 1/2 lbs. lean ground beef**
- 1 T. poultry seasoning**
- 2 1/4 tsp. salt**
- 2 cloves garlic, minced**
- 1 lg. onion, chopped**
- 1 lg. green pepper, chopped**
- 1 1/2 T. chili powder**
- 1 tsp. ground cumin**
- 1 can (10 oz.) stewed tomatoes**
- 1 (6-oz.) can tomato paste**
- 1 can (10 oz.) whole kernel corn**
- 1 c. sour cream**
- 1 c. yellow cornmeal**
- 1/2 c. ripe sliced olives**
- 1 1/2 c. grated Monterey Jack cheese**
- 1/2 c. grated cheddar cheese**

Heat oil in electric skillet. Add ground beef, poultry seasoning, salt, garlic, onion, green pepper, chili powder and cumin. Cook and stir until meat is lightly browned and onions are transparent. Combine tomatoes with tomato paste. Add tomato mixture to meat mixture along with the corn and liquid, sour cream, cornmeal and ripe olives. Mix until well blended. Sprinkle the cheeses over the top. Cover and cook for twenty minutes on low heat. Serves 6 to 8 generously.

*Geneva Jones*  
*Recipe from Steve Jones' mother*



## **FISH AND POULTRY**

### **BAKED STUFFED SALMON**

**1 (2-3 lb.) whole salmon**

**Lemon wedge**

**1 c. cooked rice**

**$\frac{1}{2}$  c. cooked, chopped spinach**

**$\frac{1}{2}$  c. bay shrimp**

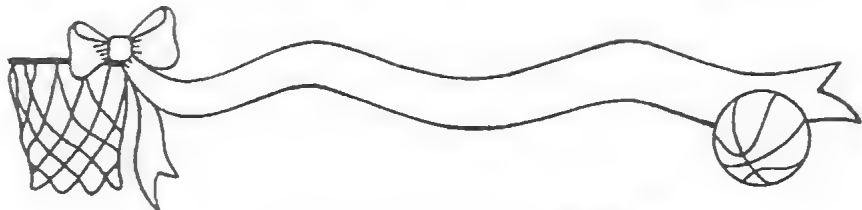
**2 T. minced parsley**

**1 T. chopped fresh dill weed**

**1 tsp. fresh thyme**

Prepare salmon by boning, removing head if desired, washing and patting dry. Rub interior cavity with lemon juice. Combine remaining ingredients for stuffing and lightly fill cavity. Place on greased baking sheet and bake according to Canadian Rule.\* Allow slightly more time for stuffing to heat through. Let stand five minutes before serving. \*Canadian Rule: Measure fish at thickest point and cook 10 minutes per inch at recommended temperature. Example: Filet measuring 1-inch = 10 minutes cooking at 425-450°.

*Mary Kay Adelman*



## CHICKEN ENCHILADAS

- 10 flour tortillas**
- 3 lg. chicken breasts, whole**
- 1 can cream of chicken soup**
- 4 oz. cream cheese, softened**
- 1 can chopped green chilies**
- 1/2 c. sour cream**

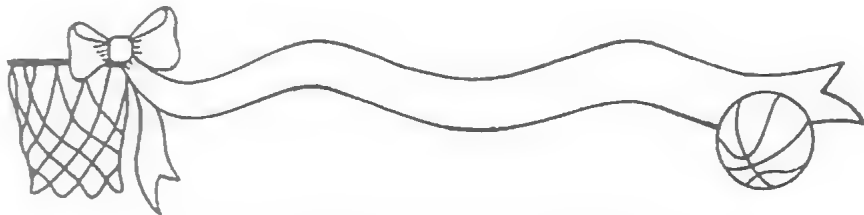
### **Topping:**

- 1 c. sour cream**
- 1 c. mozzarella cheese**
- 1 c. grated cheddar cheese**

Cook chicken, cool, skin and cut into pieces. Mix soup, cream cheese, green chilies and sour cream. Add chicken. Fill tortillas, roll up and line them in a 9 x 13-inch pan. Combine ingredients for the topping and spread over tortillas. Bake at 350° for 20-25 minutes. Serve with salsa and sour cream.

*Kathy Rice*





## **CREAMY CHICKEN ENCHILADAS**

**4 c. cooked chicken breast, coarsely chopped**

**2 c. light sour cream**

**7 oz. diced green chilies (1 can)**

**3 cans cream of chicken soup**

**1 1/2 c. grated Monterey Jack cheese**

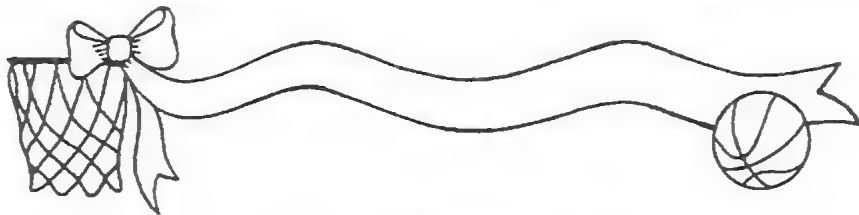
**3/4 c. chopped green onions**

**1 1/2 c. grated cheddar cheese**

**12 (8-inch) flour tortillas**

Mix sour cream, green chilies and chicken soup to make a sauce. Divide in half. To one half, add chicken and onions. Spoon chicken mixture equally onto tortillas. Roll tortillas and place seam down in a 9 x 13-inch casserole dish. Cover with remaining sauce. Sprinkle with cheese. Bake until hot and bubbly, 20 minutes at 350°. Serves 12.

*Susan Porter*



## **CHICKEN PARMESAN**

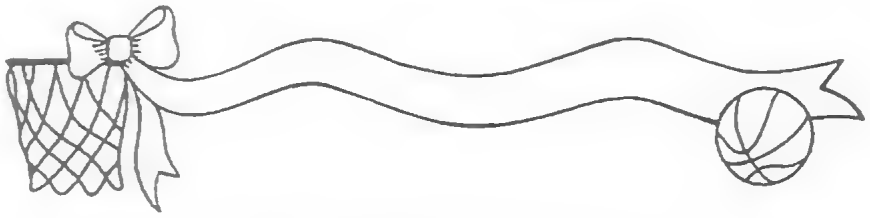
### **(Mary's Tummy Pleaser)**

**6-8 chicken breasts, boned & skinned**  
**Approx. 1-qt. spaghetti sauce, homemade or Prego**  
**3 c. plain bread crumbs**  
**2 tsp. onion salt**  
**1 c. Parmesan cheese**  
**Mozzarella cheese, grated**  
**Olive oil**  
**2 tsp. garlic salt**  
**1/2 c. parsley flakes fresh or dried**  
**2 eggs**  
**1/3 c. water**

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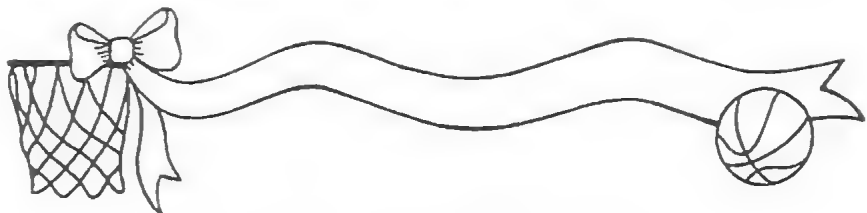






**Breading:** Combine bread crumbs, Parmesan, garlic and onion salt, parsley flakes. This mixture should have nice strong cheese smell, if not, add more Parmesan. Prepare chicken breasts as follows: Place chicken breasts between plastic wrap on chopping board. Using a meat mallet, pound each breast thin. Set aside. Over medium to medium high heat, heat enough olive oil to cover bottom of large, frying pan, approximately  $\frac{1}{4}$ -inch deep. Place bread crumb mix in large bowl. In separate bowl, beat eggs with water; mixture should be soupy. If not add water. Dip chicken breast into egg mixture then firmly press breast into bread crumbs, covering both sides evenly. When oil is hot, cook chicken breasts until lightly browned. Drain on paper towel. Using a large shallow pan, place approximately 1 cup of spaghetti sauce into pan and spread evenly. If you like sauce add more. Then place the browned chicken breasts in single layer over the sauce. It's ok if breasts overlap slightly, just do not stack them. Evenly spread the remainder of the spaghetti sauce over the top of the chicken. Spread enough mozzarella cheese over the top to lightly cover. Cover with foil and bake on middle rack for 40 minutes at  $350^{\circ}$ . Serve with buttered noodles, pasta, fettucini or new potatoes. I find that this recipe freezes very well. What I usually do is prepare the chicken and brown it. After draining, I place chicken in freezer bags or wrap in heavy foil. This allows me to take advantage of sales at the grocery store. Leftover bread crumbs can be kept fresh if refrigerated or put in the freezer. This recipe is my own creation and the secret is the breading.

Mary Smith  
Bill Smith



## CHICKEN PARMIGIANA

**4 boneless, skinned chicken breast halves**

**2 eggs, beaten**

**1 c. Italian style bread crumbs**

**$\frac{1}{4}$  c. olive oil**

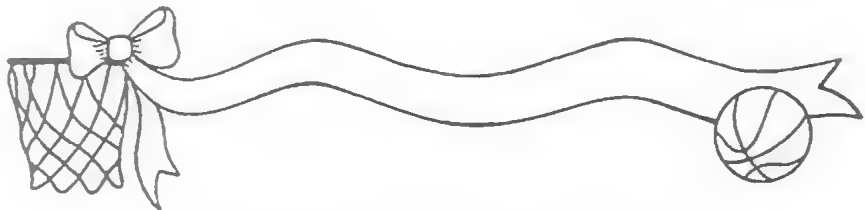
**1 (15  $\frac{1}{2}$ -oz.) jar spaghetti sauce**

**$\frac{1}{2}$  c. grated Parmesan cheese**

**1 c. shredded mozzarella cheese**

Preheat oven to 400°. Dip chicken into egg and then into bread crumbs, coating thoroughly. In a medium skillet, heat olive oil. Cook chicken in oil until done and well browned on both sides. Pour spaghetti sauce into an 11 x 7-inch baking dish. Place chicken on sauce and top with Parmesan and mozzarella cheese. Bake until cheese is melted and lightly browned, 15 minutes. Makes 4 servings. Very quick and easy. Tastes wonderful!

*Susan Porter*



## CHICKEN WITH CASHEWS

**5 whole chicken breasts, boned, skinned & cut into chunks**

**2 T. cornstarch**

**2 T. soy sauce**

**2 egg whites**

**2 lg. cloves garlic, minced**

**3-5 dried red hot chili peppers**

**2 T. oil**

**1 bell pepper, chopped**

**1 can salted cashews**

### **Seasoning:**

**2 tsp. cornstarch**

**1/2 tsp. ginger**

**2 T. dry sherry**

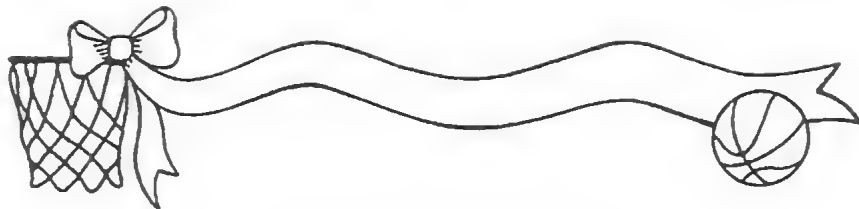
**4 T. soy sauce**

**4 T. sugar**

**4 T. red wine vinegar**

Marinate chicken chunks in cornstarch, soy sauce, egg whites and garlic at least 4 hours. There is not much liquid here, but the marinade coats and flavors the chicken. Heat oil in wok on medium. Place hot peppers in oil and stand back! Cook until black. Remove peppers and discard. Cook chicken in the oil, stirring until opaque. Stirring, add bell pepper and cashews. Combine seasoning ingredients, mix well and pour over meat mixture. Cook 5 to 10 minutes until thickened. Serve over rice.

*Susan Davis*



## CHINESE CHICKEN

**2-3 dozen chicken drumettes**

**$\frac{1}{2}$  tsp. garlic powder**

**2 eggs, whipped**

**$\frac{1}{2}$  c. flour**

### **Sauce:**

**$\frac{3}{4}$  c. brown sugar**

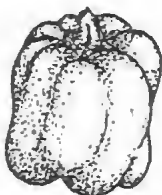
**$\frac{1}{4}$  c. vinegar**

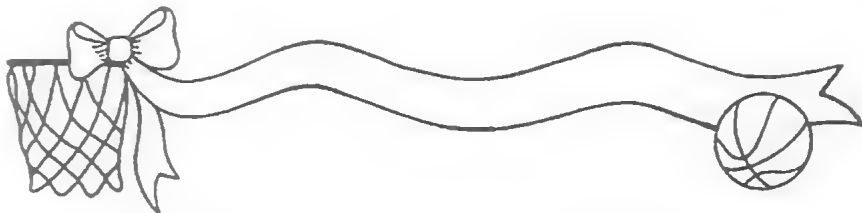
**$\frac{1}{4}$  c. catsup**

**2 T. soy sauce**

To prepare chicken, cut bottom and all skin around bottom with knife. Push skin down to bone to make pom-pom. Combine flour and garlic powder. Douse chicken pom-pom only in flour mixture, then egg, then flour mixture again. Deep fry until golden brown, 4 to 5 minutes or heavy skillet may be used with  $1\frac{1}{2}$  cups oil in hot skillet. Place drumettes in baking dish, cover with sauce, bake for 20 minutes at  $350^{\circ}$ . For each additional 12 drumettes, increase sauce by  $\frac{1}{2}$ .

*Kenny Carr*





## **COOP'S GARLIC CHICKEN & POTATOES**

**1 cut up frying chicken, (approx. 2 1/2 lbs.)**

**1/2 c. sifted flour (sift with 2 tsp. paprika)**

**1/2 tsp. oregano**

**1/2 tsp. garlic salt**

**1 tsp. salt**

**1 T. grated Parmesan cheese**

**1/3 c. vegetable oil**

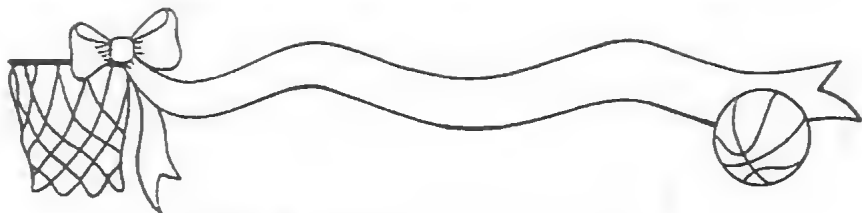
**5-7 cloves garlic**

Combine flour with spices and cheese. Roll chicken pieces in flour mixture. Brown chicken in hot oil, then place in a 9 x 13-inch shallow baking dish. Press garlic over chicken. Add potatoes around chicken. Bake until chicken and potatoes are tender, 1 1/2 hours at 325°. Baste often with drippings.

### **Potatoes:**

Two pounds baking potatoes, peeled and cut into quarters. Brown potatoes in hot oil. Remove potatoes from skillet and sprinkle to taste with salt, pepper, oregano and grated Parmesan cheese. Place potatoes around chicken in baking dish. If desired, press 1 or 2 cloves of garlic over the potatoes. Bake with chicken until tender. The garlic gets the blood flowing before a big game! Serves 5 to 6.

*Wayne Cooper*



## EASY CHICKEN DELIGHT

**3 lb. boneless chicken breasts**

**2 T. lemon juice**

**$\frac{1}{2}$  c. plain yogurt**

**$\frac{1}{4}$  c. mayonnaise**

**1 T. Dijon mustard**

**1 T. Worcestershire sauce**

**$\frac{1}{2}$  tsp. thyme**

**$\frac{1}{4}$  tsp. cayenne pepper**

**$\frac{1}{4}$  c. green onion, chopped**

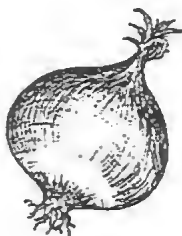
**$\frac{1}{2}$  c. Parmesan cheese**

**Salt to taste**

**Pepper to taste**

Place chicken in baking dish. Drizzle lemon juice over chicken. In separate bowl combine remaining ingredients (except cheese) and blend together. Spread over chicken. Bake at 350° until chicken is done, approximately 50 minutes. Drain juices. Sprinkle Parmesan cheese over all. Broil for 3 minutes or until cheese melts.

*Mimi Williams*





## HONEY CHICKEN

**4-8 chicken breasts**

**$\frac{1}{2}$  c. butter**

**$\frac{2}{3}$  c. honey**

**$\frac{1}{4}$  c. lemon juice**

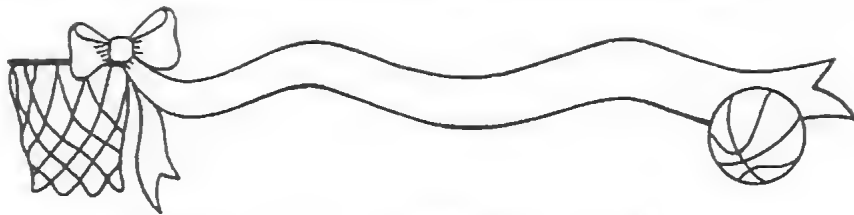
**$\frac{1}{2}$  tsp. salt**

**$\frac{1}{2}$  tsp. pepper**

**$\frac{3}{4}$  tsp. garlic salt**

Place chicken, skin side down on baking pan. Mix together other ingredients. Heat until honey and butter are melted. Baste chicken with half the mixture. Bake for  $\frac{1}{2}$  hour at  $350^{\circ}$ . Turn chicken and baste with remaining mixture for another 30 minutes. I serve this with fries.

*Steve & Janice Johnson*

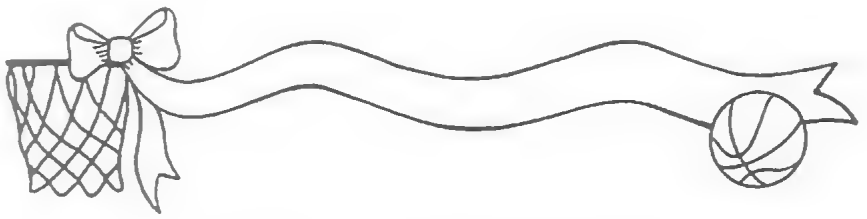


## **LOUISIANA SEAFOOD GUMBO**

- $\frac{1}{2}$  c. salad oil**
- $\frac{1}{2}$  c. flour**
- 1 lg. onion, chopped**
- 1 green pepper, chopped**
- 2-3 garlic cloves, minced**
- 1 (1 lb.) can tomatoes, undrained**
- 1  $\frac{1}{2}$  lbs. frozen, cut okra or equivalent fresh**
- Oil for frying okra**
- 2 qts. hot water**
- 3  $\frac{1}{2}$  T. salt**
- $\frac{3}{4}$  tsp. red pepper**
- 1 lg. bay leaf**
- $\frac{1}{4}$  tsp. thyme**
- 2 lbs. raw shrimp, peeled**
- 1 lb. crab meat, picked**
- 1 pt. oysters**
- $\frac{1}{2}$  c. green onions, chopped**
- $\frac{1}{2}$  c. parsley, chopped**

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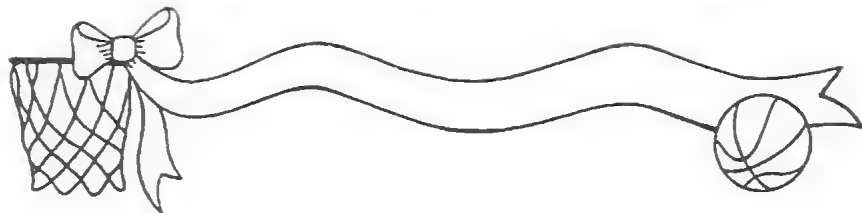




Using salad oil and flour, \*make a very dark roux in a large, heavy pot. Add onions, green pepper and garlic. Cook slowly until onions are transparent. Add tomatoes and cook on low heat, stirring frequently, approximately every 30 minutes. In a separate skillet, fry okra in oil on moderately high heat, stirring constantly until okra is no longer stringy. Add the okra to the other mixture, stir and simmer approximately 10 minutes. Add water, salt and pepper. Simmer covered for 45 minutes. Add other seasonings and simmer an additional 20 minutes, then add shrimp. Simmer 15 minutes; then add crab meat, simmering 15 minutes more. Add the oysters the last 5 minutes of cooking. Remove from heat and stir in green onions and parsley. Serve over rice. Variations may be made by adding different seafoods, sausages or poultry. **Tips for making a roux:** Heat the oil in a thick pot or skillet. Add flour and stir constantly over low heat until dark brown. The trick is to get it brown but not burned. If it is over-browned, it will taste bitter and should be discarded. Gumbo is a Cooper family favorite - well worth the time!

*Denise Cooper*





## ORANGE BAKED CHICKEN

**3 whole chicken breasts, skinned, split**

**$\frac{1}{4}$  c. minced onion**

**$\frac{1}{2}$  tsp. paprika**

**$\frac{1}{2}$  tsp. salt**

**1 T. fresh chopped rosemary**

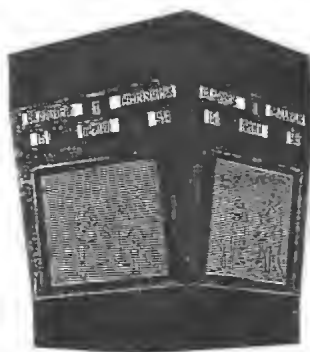
**$\frac{1}{4}$  tsp. pepper**

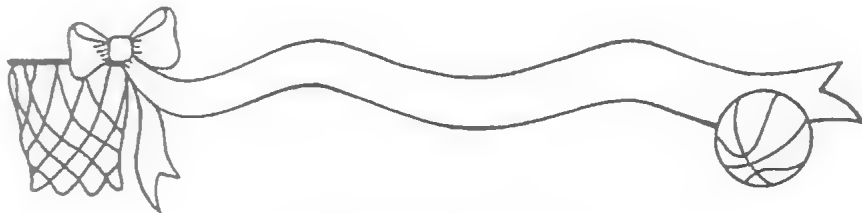
**2 T. flour**

**2 c. orange juice**

Arrange the chicken in a shallow baking pan, breast side up, not overlapping. Sprinkle with onion and seasonings. Blend the flour with  $\frac{1}{2}$  cup orange juice, stir in remaining juice and pour over the chicken. Bake uncovered for 1 hour at  $350^{\circ}$ , basting occasionally until tender. Serve over the fresh pasta. Stir the pan juices to blend and pour over the chicken.

*Paula Buckwalter*



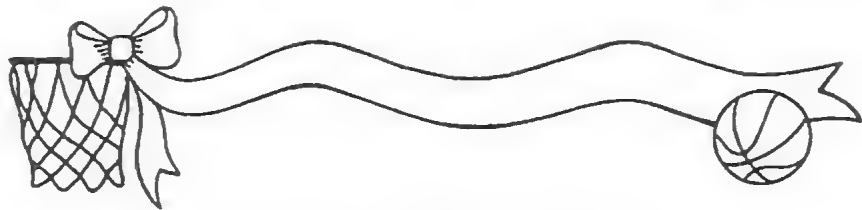


## **SHRIMP CREOLE**

- 1 lb. med. shrimp**
- $\frac{1}{4}$  c. garlic oil**
- $\frac{1}{2}$  tsp. seasoning salt**
- $\frac{1}{2}$  tsp. Cajun Choice Creole seasoning**
- 2 T. butter**
- $\frac{1}{4}$  c. onion, chopped**
- 1 clove garlic, minced**
- 6 green olives, minced**
- 1  $\frac{1}{2}$  c. canned tomatoes**
- 1 c. beef bouillon**
- $\frac{1}{2}$  c. tomato paste**
- 1 bay leaf**
- $\frac{1}{2}$  c. green pepper, chopped**
- Pinch of thyme**
- 1 T. parsley, chopped**
- 1 tsp. white or brown sugar**
- Dash hot sauce or red pepper**
- 1 tsp. Worcestershire sauce**

Marinate shrimp in garlic oil, seasoning salt and Cajun Choice Creole seasoning 2 hours or overnight. Cook onion and garlic in butter until soft. Add olives and set aside. Combine remaining ingredients. Add onion mixture to sauce. Cook until sauce is thick, 45 minutes. Serve over long grain white rice.

*Kenny Carr*



## **SOUR CREAM CHICKEN**

**8 boneless chicken breasts**

**$\frac{1}{2}$  c. butter or margarine \***

**2 T. flour**

**1 pt. sour cream**

**$\frac{1}{4}$  lb. sliced mushrooms**

**1 tsp. salt**

**$\frac{1}{2}$  tsp. pepper**

**3 T. parsley, maybe less**

**$\frac{1}{2}$  green pepper, chopped**

**3 green onions, chopped**

Brown chicken in butter. Put chicken in 2-quart casserole. Reheat butter in skillet and blend in flour. Heat, stirring until bubbly. Cool thoroughly. Add sour cream. Mix well. Simmer few minutes. Add remaining ingredients and pour over chicken. Sprinkle with paprika, cover and bake for 1 to 1  $\frac{1}{2}$  hours at 350°. \*I only use as much as needed to brown chicken.

*Michelle Ainge*

## **SOUTHERN FRIED CHICKEN**

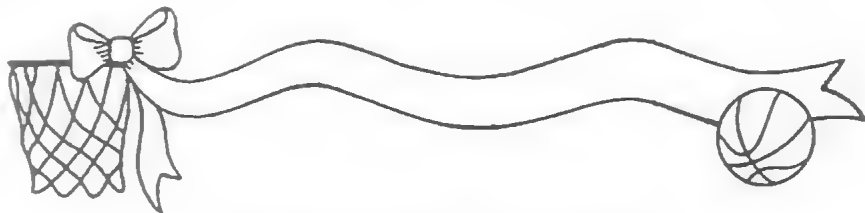
**Frying chicken (up to 3 lbs.)**

**Salt to taste**

**Pepper to taste**

Clean and dress frying chicken. Cut into following parts: 2 backs, divide the drumstick and thigh, split the breast, two wings. Pour flour to dredge in paper bag. Drop pieces of chicken in bag and shake. Fry slowly in  $\frac{1}{2}$ -inch fat in frying pan. Keep pan uncovered.

*Elizabeth Kersey*



## **SWEET & SOUR CHICKEN**

**4-5 chicken breasts, skinned, boned & cut into  $\frac{1}{2}$ -inch cubes**

**1  $\frac{1}{2}$ -2 c. peanut oil**

### **Sauce:**

**$\frac{3}{4}$  c. sugar**

**2 T. cornstarch**

**Dash salt**

**Dash pepper**

**3 T. catsup**

**2 T. rice wine vinegar**

**$\frac{2}{3}$  c. water or  $\frac{1}{3}$  c. water &  $\frac{1}{3}$  c. pineapple juice**

### **Batter:**

**$\frac{1}{2}$  c. flour**

**$\frac{1}{4}$  c. cornstarch**

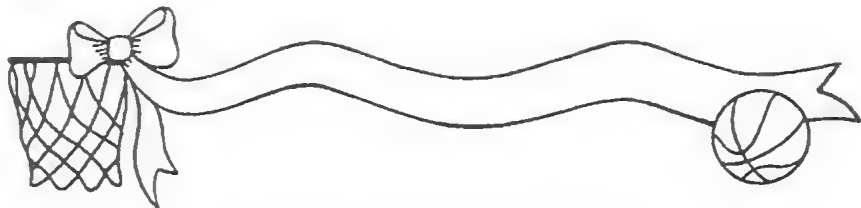
**1 tsp. baking powder**

**$\frac{1}{2}$  tsp. baking soda**

**$\frac{2}{3}$  c. water**

Cook sauce over medium heat, stirring constantly until thick. Set aside. Mix batter ingredients together until smooth. Add oil to wok and heat to hot. Coat chicken pieces in batter, place 6 cubes of chicken at a time in hot oil. Cook 2 to 3 minutes. Drain on paper towel. Combine cooked chicken chunks with sauce and serve over rice. I like to serve this over stir-fried rice. To make stir-fried rice, use fresh cooked rice or leftover rice. Cook in peanut oil, adding any leftover meat or veggies you have, e.g. onions, shallot, green peas, to rice.

*Dale Schleuter*



## TURKEY UPSIDE DOWN

### **Creamed Turkey:**

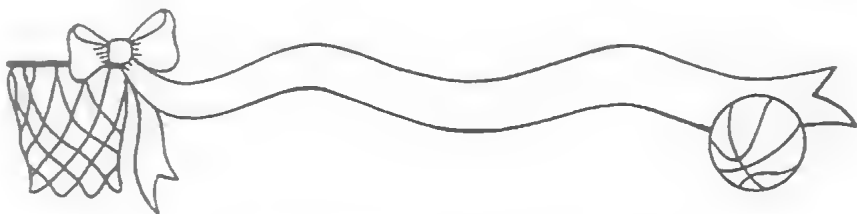
- $\frac{2}{3}$  c. butter or margarine**
- $\frac{2}{3}$  c. flour**
- 1 tsp. salt**
- $\frac{1}{2}$  tsp. pepper**
- 3 c. turkey broth**
- 1 c. milk**
- 2 T. fresh lemon juice**
- 2  $\frac{1}{2}$  c. cooked turkey, cut up**

### **Cornbread Topping:**

- 1 egg**
- $\frac{2}{3}$  c. milk**
- 3 T. corn oil**
- 1 c. self-rising cornmeal**
- 1 tsp. sugar**

**Creamed Turkey:** Melt butter over low heat. Gradually blend in flour, salt and pepper. Bring mixture to a boil over low heat. Remove from heat. Stir in broth and milk. Return to heat and bring to second boil, stirring constantly. Boil one minute. Reduce heat. Gently fold in turkey and lemon juice. Pour  $\frac{2}{3}$  mixture in an 8 x 10-inch baking dish. Reserve  $\frac{1}{3}$  mixture. Spread cornbread topping over turkey mixture and bake for 40 minutes at 375°. **Cornbread Topping:** Beat egg in mixing bowl. Add remaining ingredients. Blend until smooth. Pour over turkey mixture. Bake as directed above. To serve, spoon remaining  $\frac{1}{3}$  turkey mixture over individual servings.

*Artis Cooper*  
*Recipe from Wayne's father*



## UKRAINIAN BORSHT

**2 lbs. cubed beef or stew meat**  
**3 qts. water**  
**1 T. salt**  
**3 c. julienne beets, drained**  
**1 1/2 c. shredded carrots**  
**1 white turnip shredded**  
**2 med. onions, chopped**  
**4 1/2 T. tomato paste**  
**5 T. vinegar**  
**2 tsp. sugar**  
**2 T. butter**  
**1 head cabbage, shredded**  
**Freshly ground pepper**  
**4 bay leaves**

Simmer beef in salted water until tender. Remove meat from broth and shred. In separate large saucepan simmer carrots, turnips, onions, tomato paste, vinegar, sugar and butter, covered for 15 minutes. Stir frequently. Add cabbage, cook 10 minutes longer. Important to keep heat low and stir often. The only liquid for this step is created by the vinegar, butter and vegetables themselves as they simmer. Add vegetable mixture, pepper and bay leaves to meat and broth. Adjust seasonings and cook until vegetables are tender. Add beets just before serving. Serve with Russian rye and sour cream on top.

*Patty Wasch*



## **WALTER'S SWORDFISH STEAKS ON THE GRILL**

**To Taste:**

**Butter, melted**  
**Seasoning salt**  
**Parsley flakes**  
**Lemon juice**

Lay steaks on heated barbecue grill. Cover with butter mixture. Baste each time steak is turned. Fish is done when it flakes when separated with a fork and looks cooked through.

*Walter Davis*

## **CASSEROLES**

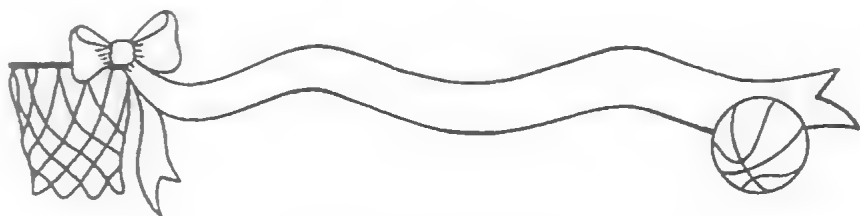
### **BROCCOLI CASSEROLE**

**1 sm. jar mushrooms**  
**2 pkgs. broccoli**  
**1 can cream of mushroom soup**  
**2 eggs**  
**4 oz. grated sharp cheese**  
 **$\frac{1}{2}$  c. mayonnaise**  
**1 sm. chopped onion**  
 **$\frac{1}{2}$  c. Ritz crackers, crushed**

Cook broccoli and drain thoroughly. Mix all ingredients except cracker crumbs. Pour into well buttered square baking dish. Sprinkle cracker crumbs over mixture, bake for 30 minutes at 350°.

*Kathy Rice*



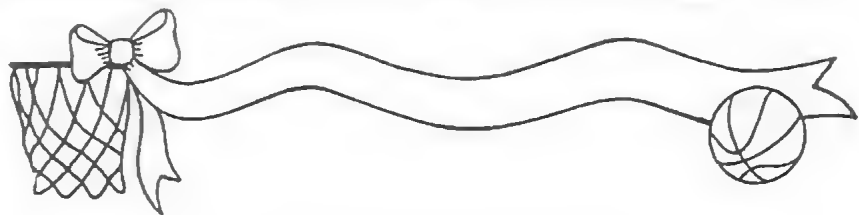


## E-Z CALZONE

- 2 (8-oz.) pkgs. refrigerator crescent rolls**
- 1 lb. Italian sausage, beef, turkey or chicken**
- 1 c. grated cheddar cheese, set aside 1/2 c.**
- 1 c. grated Monterey Jack cheese (set aside 1/2 c.)**
- 1 (2 1/4-oz.) can sliced black olives**
- 1/2 c. chopped green pepper**
- 1 (16-oz.) jar of your favorite spaghetti sauce**

Brown meat and drain. Lay out 2 crescent rolls on an ungreased baking sheet to form a square. Pinch along seam to hold together. (One package of rolls makes 4 squares.) In the center of each square make a mound of meat, cheese, olives and green pepper. Divide evenly between 4 squares. Form 4 more squares and lay over the top of first squares. Pinch sides together to seal. Bake until golden brown (12 minutes at 375°). Spoon heated spaghetti sauce over the top of each calzone and top with remaining cheese.

*Peggy Burke*



## **FAAANTASTIC SHRIMP & ARTICHOKE CASSEROLE**

**6  $\frac{1}{2}$  T. butter**

**4  $\frac{1}{2}$  T. flour**

**$\frac{3}{4}$  c. milk**

**$\frac{3}{4}$  c. cream**

**Salt to taste**

**Pepper to taste**

**1 can artichoke hearts**

**1 lb. shrimp, cooked, shelled & deveined**

**$\frac{1}{4}$  c. dry sherry**

**1 T. Worcestershire sauce**

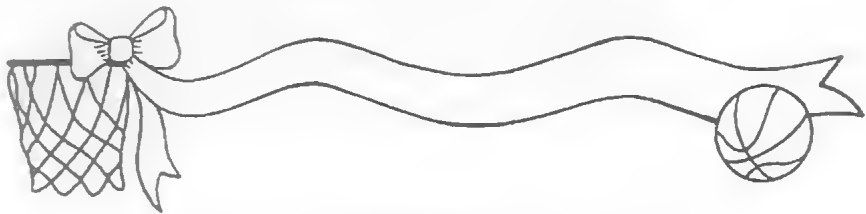
**$\frac{1}{4}$  c. grated Parmesan cheese**

**$\frac{1}{2}$  c. mushrooms, sliced**

**Paprika**

In medium pan melt 4  $\frac{1}{2}$  tablespoons butter. Stir in flour and cook until bubbly. Gradually add milk and cream, stirring constantly with whisk. When smooth, season with salt and pepper and set aside. Arrange artichokes in buttered baking dish and scatter shrimp over artichokes. In small skillet, melt remaining butter, add mushrooms and cook over high heat until brown. Spoon mushrooms over shrimp. Add sherry and Worcestershire sauce to cream sauce and mix well. Pour over contents of baking dish. Sprinkle with cheese and paprika. Bake for 30-40 minutes at 375°.

*Jack & Leslie McCloskey  
Detroit Pistons*



## **FISH/CRAB MEAT CASSEROLE**

**1 lb. cod fillet**

**1 lb. fresh crab meat**

**3 T. margarine**

**1 1/2 c. Pepperidge Farm herb stuffing mix**

**1/4 to 1/2 c. canned mushrooms**

**Salt**

**Pepper**

**1/4 c. green onions or scallions**

**1 egg, slightly beaten**

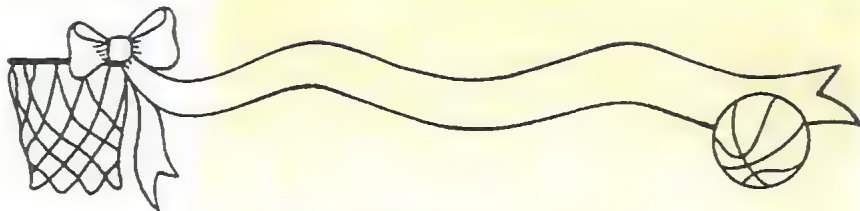
**5 drops hot sauce (Tabasco)**

**1 T. Old Bay seasoning\***

**1/2 tsp. lemon juice**

Season fish with lemon juice, salt and pepper. Baste with butter. Place fish in square, greased baking pan. In a large bowl, mix crab meat, 1/2 cup stuffing, 1 tablespoon melted margarine, egg, Old Bay seasoning, mushrooms and onions. Spread crab meat mixture on top of fish, forming a layer. In the same bowl, mix 1 1/2 cups of stuffing, margarine and hot sauce. Mixture should be crumbly like coffee cake. Layer on top of crab meat/fish. Bake uncovered for 25 to 30 minutes at 350°. Cut into squares. Garnish with lemon wedge and parsley. Serve with herb rice or baked potato and asparagus. \*Old Bay seasoning for seafood, poultry, salad and meat.

*Mimi Williams*



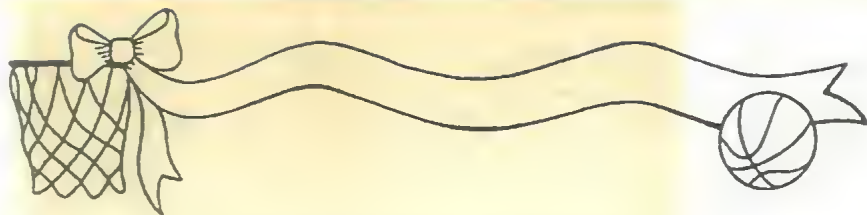
## PASTAS

### CHICKEN SPAGHETTI SAUCE

- 1 lg. hen
- 2 lg. onions, chopped
- 3 cloves garlic, chopped
- 4 stalks celery, chopped
- 1 bell pepper, chopped
- 1 bunch parsley, chopped
- 2 T. oil
- 1 lb. can tomatoes, opt.
- 1 can tomato sauce
- 1 can tomato soup
- 1 can tomato paste
- 1 bay leaf
- Dash tabasco
- 2 T. Worcestershire sauce
- 2 c. chicken broth

Cook chicken until tender, remove bones, cut into chunks. Combine all ingredients. Simmer approximately one hour, stirring occasionally. If sauce needs more liquid or body, I add can of stewed tomatoes (chop the tomatoes).

*Diane Wetzel*



## DEEP DISH SPAGHETTI

- 6 oz. spaghetti**
- 2 T. olive oil**
- $\frac{1}{3}$  c. grated Parmesan cheese**
- $\frac{1}{2}$  c. egg substitute**
- 8 oz. 1% cottage cheese**
- $\frac{1}{2}$  c. chopped onion**
- 1 (8-oz.) can tomatoes, chopped**
- 1 (6-oz.) can tomato paste**
- 1 tsp. dried oregano, crushed**
- $\frac{1}{2}$  c. shredded mozzarella**
- 1 clove garlic, minced**
- 1 tsp. sugar**
- 3 oz. sliced mushrooms**
- $\frac{1}{2}$  lb. lean ground beef, opt.**

Cook spaghetti. Drain and stir in olive oil, Parmesan cheese and egg substitute. Use spaghetti for a crust in a pie plate or casserole dish that has been sprayed with vegetable oil. Spread cottage cheese over spaghetti. In skillet that has been sprayed with vegetable oil, saute garlic, onion and mushrooms (also meat if you have opted for this). Stir in undrained tomatoes, tomato paste, sugar and oregano. Heat through and spread over cottage cheese. Bake uncovered for 20 minutes at 350°. Sprinkle with mozzarella cheese and bake 5-10 minutes longer. The name was originally Spaghetti Pie, but my husband thinks pie should be sweet - so I changed the name! Serves 6.

*Ruth Cook*

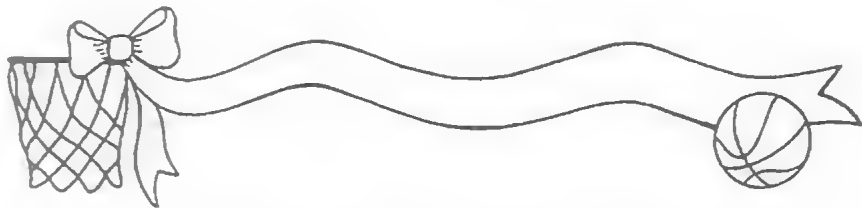


## ITALIAN LASAGNA

- 1/2 (1-lb.) pkg. lasagna noodles**
- 1 lb. Italian sausage**
- 1/2 lb. ground beef**
- 1 c. chopped onion**
- 2 cloves minced garlic**
- 2 tsp. sugar**
- 1 T. salt**
- 1/2 tsp. fennel seed**
- 1/4 tsp. pepper**
- 1 (28-oz.) can tomatoes, broken up**
- 2 (6-oz.) cans tomato paste**
- 1 egg, beaten**
- 1 (15-oz.) container ricotta cheese**
- 1 T. dried parsley flakes**
- 1 lb. mozzarella cheese, grated**
- 3/4 c. Parmesan cheese, grated**

Prepare lasagna according to package directions. Drain. Cook Italian sausage and ground beef; drain excess fat. Add onion and garlic; stir and cook 5 minutes. Add next 6 ingredients and simmer 20 minutes. In another bowl, combine egg, ricotta and parsley. In bottom of 13 x 9-inch baking dish, spoon approximately 1 1/2 cups meat sauce. Layer 1/3 lasagna, 1/3 meat sauce, 1/3 ricotta, 1/3 mozzarella and 1/3 Parmesan. Repeat layering. Cover with foil. Bake covered for 25 minutes at 375°. Remove foil and bake uncovered 25 minutes longer. Let stand 10 minutes before cutting. Makes 8-10 servings.

*Deborah Young*

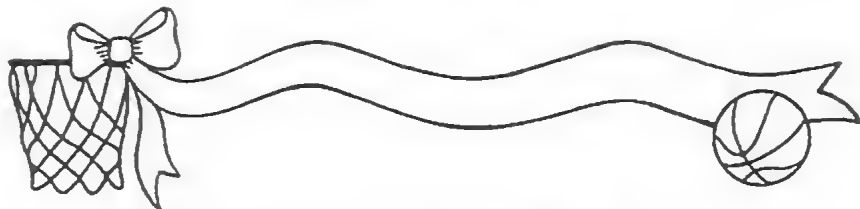


## ITALIAN MACARONI & CHEESE CASSEROLE

- 1 lb. elbow macaroni, cooked**
- 1 lg. onion, finely chopped**
- 1 lg. bell pepper, chopped**
- 2 cans of meat-flavored spaghetti sauce**
- 1/2 lb. sliced provolone cheese**
- 1/2 stick margarine**
- 2 (12-oz.) pkgs. of shredded mozzarella cheese, whole or skim**
- 1 T. garlic powder**
- 1 tsp. salt, opt.**
- 1 tsp. pepper**
- 1/2 c. milk**
- 1 T. Italian seasoning or oregano**

Saute pepper and onions in 1 tablespoon margarine, salt and pepper until transparent. Combine cooked macaroni, peppers, onion, milk, spaghetti sauce, margarine and seasonings. Layer half the macaroni mixture in bottom of 9 x 12-inch baking dish. Layer with 1 package mozzarella. Layer remaining macaroni mixture. Top with desired mozzarella, then layer provolone on top. Bake at 350° for 30 minutes.

*Alice Bryant*  
*Recipe from Mark's sister-in-law*



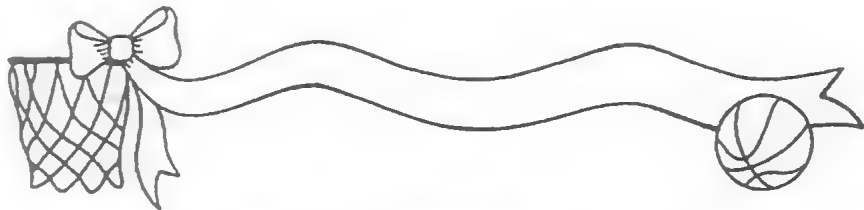
## LINGUINE WITH CLAM SAUCE

- 2 T. butter**
- $\frac{1}{2}$  c. olive oil**
- 1 sm. onion, chopped**
- 1 clove garlic, minced**
- 2 c. sliced fresh mushrooms**
- $\frac{1}{4}$  tsp. salt**
- $\frac{1}{8}$  tsp. pepper**
- 1 tsp. fresh basil, chopped**
- 2 (7-oz.) cans minced clams & juice**
- $\frac{1}{4}$  c. white wine**
- 1 tsp. cornstarch**
- 2 T. fresh parsley, chopped**

Heat butter and olive oil. Saute onion, garlic and mushrooms. Add salt and pepper, clams and liquid. Add wine mixed together with cornstarch. Cook until thickened. Remove from heat and add parsley and basil. Serve over linguine.

*Susan Davis*





## **OLD FASHIONED MACARONI & CHEESE**

**1 (8-oz.) pkg. macaroni, cooked**

**2 c. sharp cheese, cut into  $\frac{1}{2}$ -inch cubes**

**Dash of salt, opt.**

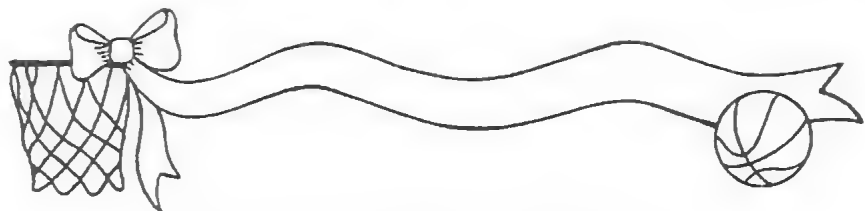
**$\frac{1}{4}$  tsp. pepper**

**2 c. milk**

**Paprika**

Place macaroni, cheese, salt and pepper in alternate layers in buttered 11 x 9-inch baking dish, ending with layer of cheese on top. Pour milk over all. Sprinkle with paprika and bake for 35-45 minutes at 350°. I use low-fat cheese and skim milk and it's still delicious. Serves 6 to 8.

*Valda Schalow*



## **PASTA WITH CLAM SAUCE**

- 1 T. olive oil**
- 1 T. finely minced garlic**
- 1 T. chopped basil**
- 1 tsp. crumbled dried oregano**
- 4 c. tomatoes, crushed**
- $\frac{1}{2}$  c. chopped parsley**
- 1 dried hot pepper**
- Salt to taste**
- Pepper to taste**
- 2 T. drained capers**
- $\frac{1}{2}$  c. bottled clam juice, opt.**
- 1 (2-oz.) can anchovies, drained**
- 18 little neck clams**
- 1 lb. spaghetti**

Heat oil in large frying pan, add garlic. Do not brown the garlic. Add parsley, basil, oregano, tomatoes and hot pepper. Salt and pepper to taste and cook (do not boil) for 30 minutes stirring frequently. Tomatoes should fall apart and all ingredients should blend together into a thick and chunky sauce. Add capers and anchovies while stirring. If sauce looks too thick add a little clam juice at a time to produce desired thickness. Add clams to sauce-pan and cover for 5 minutes or until clams open, maintaining medium heat. Discard red pepper when ready to serve. Serve over spaghetti in bowls. Serves 4 as a main dish or 6 as a first course.

*Fran Greenberg*



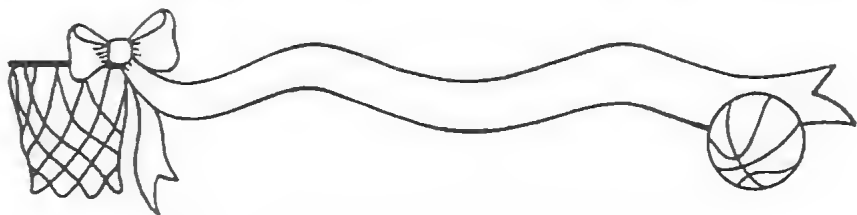
## PETRIE'S FAVORITE SUMMER PASTA

**8 Roma tomatoes**  
**1 c. fresh basil**  
**1 c. olive oil**  
**2-5 cloves garlic, minced**  
**1 lb. Brie cheese**  
**Salt to taste**  
**Pepper to taste**  
**1 lb. linguine**

Cut basil in strips. Remove rind from the Brie cheese and pull apart into little pieces. Combine tomatoes, basil, olive oil, garlic and Brie cheese in bowl and let sit for 2 hours. Boil linguine, drain immediately. Mix hot pasta with cheese mixture until Brie melts. Easy to make in summer!

*Anne-Marie Messano*





## **SALMON-STUFFED MANICOTTI**

**8 manicotti shells**

**2 c. low-fat cottage cheese**

**4 tsp. horseradish**

**1 (14-oz.) can salmon, drained & flaked (remove skin & bones or use leftover salmon)**

**2 T. margarine**

**$\frac{1}{4}$  c. flour**

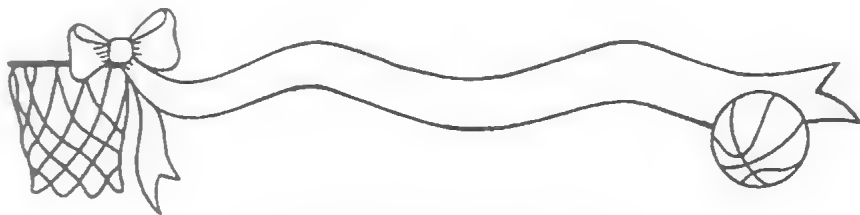
**1  $\frac{1}{4}$  c. skim milk**

**1 lg. cucumber, peeled, seeded & shredded**

**Few dashes Tabasco sauce**

Cook manicotti according to package directions; drain. Rinse with cold water; drain. Combine cottage cheese and horseradish. Add salmon and toss. In saucepan melt margarine. Stir in flour,  $\frac{1}{4}$  teaspoon salt and pepper. Add milk. Cook and stir until thickened and bubbly. Into salmon mixture stir 2 tablespoons of sauce. Fill each manicotti with  $\frac{1}{2}$  cup salmon mixture. Place in individual casseroles or arrange in greased 9 x 13-inch baking dish. Stir cucumber and pepper sauce into remaining mixture. Spoon over manicotti. Cover and bake for 25 minutes at 350°. This is a great low-cholesterol dish. \*To stuff shells, use zip-lock bag and cut hole in end to squeeze into the tube!

*Paula Buckwalter*



## SEAFOOD MANICOTTI

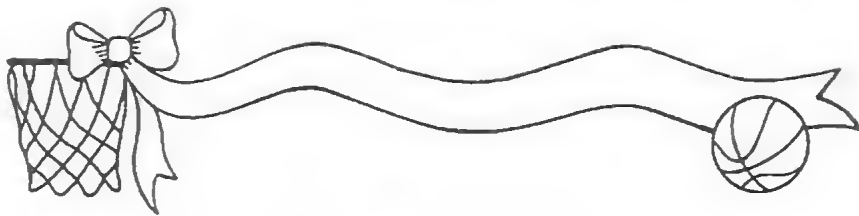
**1 T. olive oil**  
**1 lb. mixed seafood, shellfish & fish fillets**  
**1/2 lb. mozzarella cheese, grated**  
**1/2 c. cottage cheese**  
**4 T. grated Parmesan cheese**  
**2 eggs, slightly beaten**  
**2 T. butter, softened**  
**1/2 tsp. salt**  
**1/2 tsp. pepper**  
**14 manicotti noodles, uncooked**  
**Extra grated Parmesan cheese**

### **Sauce:**

**2 cloves garlic, minced**  
**1 (15-oz.) can tomato sauce**  
**1 (6-oz.) can tomato paste**  
**1 1/4 c. water**  
**2 tsp. basil**  
**1 tsp. oregano**  
**1 T. chopped parsley**  
**Salt**  
**Pepper**

Lightly saute seafood in olive oil. Remove from pan and set aside. Add garlic, tomato sauce, tomato paste, water, basil, oregano, parsley, salt and pepper to pan. Simmer 20 to 30 minutes. Set aside. Combine cheese, eggs, butter, salt and pepper. Add sauteed seafood. Stuff noodles with mixture. Arrange in bottom of buttered 13 x 9-inch pan. Cover with sauce. Sprinkle with additional Parmesan cheese. Cover tightly with foil. Bake for 45 minutes at 350°. May be assembled in advance and frozen. If frozen, bake 10 minutes longer. Makes 6 servings. This is a great dish to do for company - it freezes very well.

*Susan Porter*



## SHRIMPGHETTI

**2 lbs. med. shrimp, peeled & deveined**

**1 lb. box spaghetti, cooked**

**1 garlic clove, minced**

**$\frac{1}{2}$  tsp. oregano**

**1 c. onion, chopped**

**1 c. celery, chopped**

**1 (15-oz.) can tomato sauce**

**1 sm. can tomato paste**

**2 c. water**

**$\frac{1}{4}$  c. catsup**

**2 T. brown sugar**

**2 T. vinegar**

**1 bay leaf**

**1 T. Worcestershire sauce**

**1 T. dry prepared mustard**

**1 T. sugar**

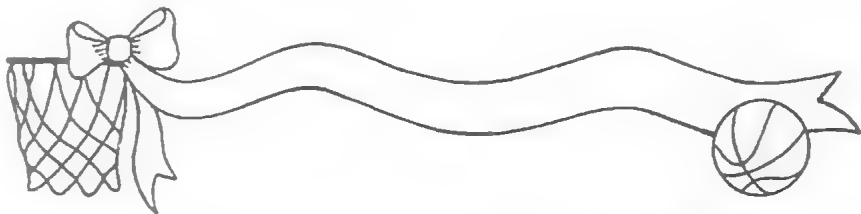
**2 tsp. salt**

**1 tsp. cayenne pepper**

Set shrimp and cooked spaghetti aside. Combine all ingredients in large Dutch oven or pot. Simmer 2 hours. Add shrimp. Simmer slowly 20 minutes. Blend in spaghetti. Remove from stove.

*Edwina Moore*

*Recipe from Mimi William's mother*



## WALTER'S FAVORITE PRE-GAME PASTA

**1 (16-oz.) pkg. Fusilli pasta, cooked al dente, drained**

**1 (8-oz.) bottle Paul Newman's or your own favorite Italian dressing**

**2 c. broccoli florets, steamed until bright green**

**2 lbs. cooked, peeled, deveined jumbo shrimp, cut in half**

**$\frac{1}{2}$  red onion, sliced thin & halved**

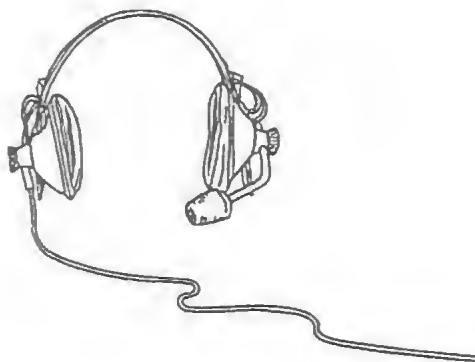
**Salt to taste**

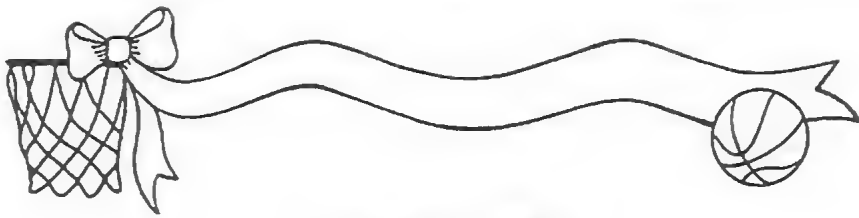
**Pepper to taste**

**Feta cheese, to taste, crumbled**

In a large bowl combine all ingredients, toss. Chill 1 hour.

*Susan Davis*





## **SANDWICHES**

### **CALIFORNIA SANDWICHES**

**Whole grain bread (I like Branola bread)**  
**Sliced cheese (Swiss, provolone, Havarti, Muenster are all good) No American or other processed cheese**  
**Ripe avocado wedges**  
**Alfalfa sprouts**  
**Taco sauce**  
**Tomato slices**  
**Mayonnaise**  
**Jalapeno slices, opt.**

Assemble sandwiches as follows. Spread both slices of bread with a light coating of mayonnaise. Pile 3-4 slices of cheese on one side. Put tomatoes on top of cheese; sprouts on top of tomatoes; avocados on sprouts. Mash avocados a bit with fork to keep them from sliding out of sandwich. Put taco sauce and jalapenos on avocado. Top with second slice of bread and cut in half. All ingredients should be used generously to produce a hefty and healthy sandwich. This sandwich is named for California because that's where I first had it. It's a popular feature at just about every health food deli or vegetarian restaurant in the state.

*Fran Greenberg*





## **MARK BRYANT'S PEANUT BUTTER & JELLY SANDWICH**

(According to Shelley, Mark will NOT eat this sandwich any other way.)

- 2 slices of soft white bread**
- 3 T. chunky or smooth peanut butter**
- 3 T. jelly**

Spread peanut butter on one slice of white bread. Spread jelly on other slice and put slices together. Placing sandwich on a flat surface, press firmly with palm of hand until completely flat. Bon Appetit!

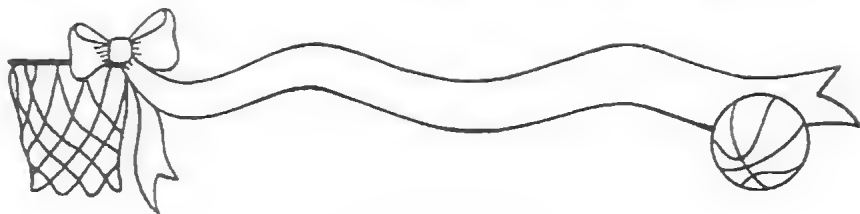
*Mark Bryant*

## **SCRUMPTIOUS WEST COAST SANDWICH**

- Whole wheat bread**
- Cream cheese**
- Olives**
- Walnuts**
- Sprouts**
- Lettuce**
- Tomato**
- Monterey Jack cheese**

Spread whole wheat bread with cream cheese. Layer remaining ingredients to make sandwich. Bread could be toasted, but I don't think it's as good. Serve with Spicy Tomato Soup!

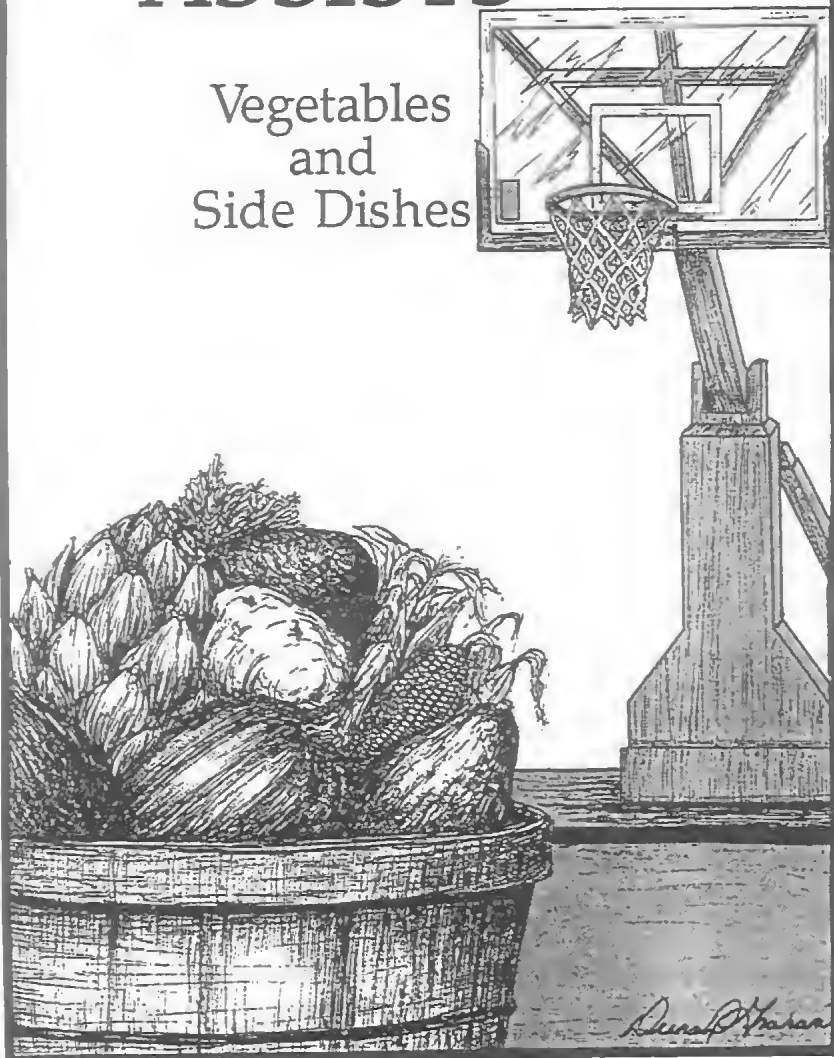
*Valda Schalow*



## Autographs

# ASSISTS

Vegetables  
and  
Side Dishes



# Helpful Hints

**Child's Party:** Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO...Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.

**SPOON FOR BABY:** A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouth as they learn to feed themselves.

When you are driving, do your children fuss so that you find yourself turning around to intervene? Here's a way to lessen this potentially dangerous situation. Clip an extra mirror on your dashboard or on the sun visor of the car. That way, you will be able to easily see that action in the back seat, and you can give your instructions without having to keep turning around.

Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.

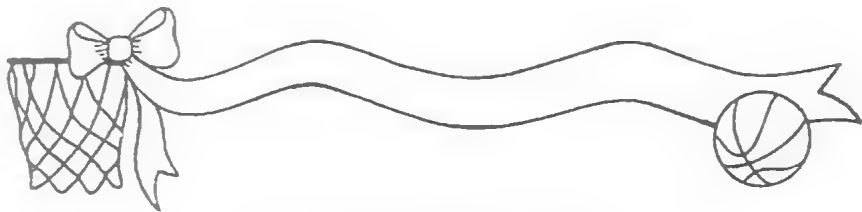
Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.

Want a good way to wean your baby from his or her bottle? When the time comes to start weaning your baby from the bottle, take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drinks.

Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.

Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.

Is your baby's high chair a mess? A few minutes in the shower will take care of that and save you a lot of scrubbing.



## BAKED CREAM RICE

**2 c. rice**

**2 c. half & half**

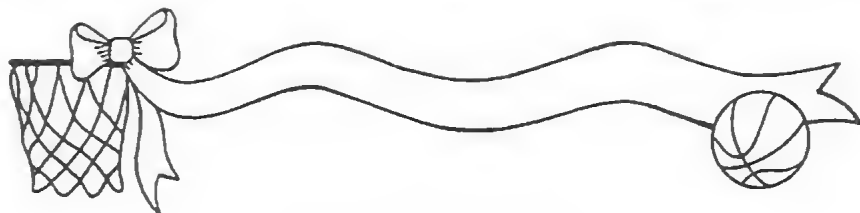
**1 c. heavy cream**

**1 T. salt**

Rinse rice with water until rice is purified. Put all the ingredients in a Pyrex casserole dish. Mix well and bake until the top of the rice is golden brown, 45 minutes at 350°. Take out and let cool. Serve with any other food.

*Ferial Abdelnaby*





## CALICO BEANS

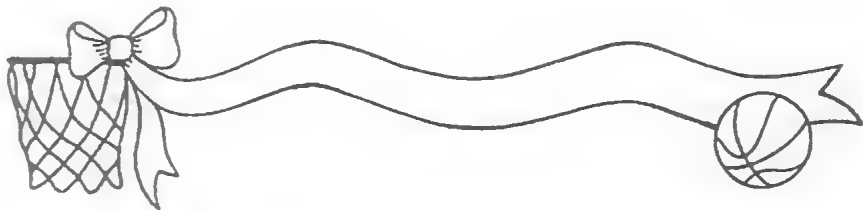
**1 lb. ground beef**  
**1 lb. bacon**  
**1 lg. can pork & beans**  
**1 can garbanzo beans, drained**  
**1 can kidney beans, drained**  
**1 can butter beans, drained**  
**1 lg. onion**  
**1 T. vinegar**  
**1 tsp. liquid smoke**  
**1 c. catsup**  
**1/2 c. brown sugar**  
**Salt to taste**  
**Pepper to taste**

Brown meat, set aside. Cut bacon into pieces and brown, drain and set aside. Dice onion and brown in bacon fat. Combine all ingredients in crockpot. Cook on low 4 hours. This is great for potluck picnic.

*Kathy Sabrowski*



*Compassion will cure more sins than condemnation.*  
*--Henry Ward Beecher*



## **CHEESE SCALLOPED CORN**

- 1 can cream-style corn (2 c.)**
- 1 egg, slightly beaten**
- 1/2 c. milk (I use skim)**
- 1/2 c. crackers, crushed**
- 1/4 c. chopped onion**
- 1/4 c. chopped green peppers**
- 1 T. butter**
- 1/4 c. cheddar cheese**

Combine all ingredients. Pour into 1-quart baking dish and bake for 35 minutes at 350°. Easy! Makes 4 servings.

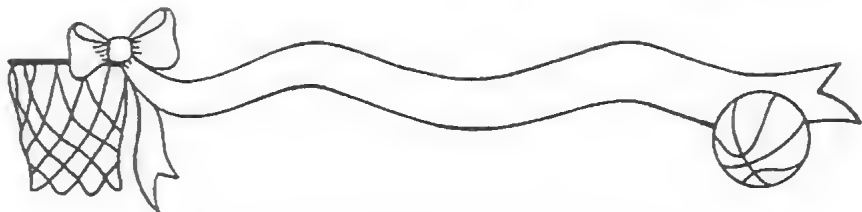
*Valda Schalow*

## **CLYDE'S FAVORITE OKRA**

- 1 lb. fresh okra or canned**
- 1/2 lb. lg. gulf shrimp, peeled, deveined**
- 1 can tomato sauce**
- 1 can water**
- 1 onion, chopped**
- 3 cloves garlic, chopped fine**
- Salt to taste**
- Pepper to taste**

Saute okra, onion and garlic. When tender, add salt, pepper, tomato sauce and water. Bring to a boil, then add shrimp. Simmer 20 minutes.

*Eunice Scott*  
*Recipe from Clyde's mother*



## **CLYDE'S FOURTH OF JULY BAKED BEANS BAR-B-Q (Fireworks Optional)**

**4 c. canned baked beans**  
**1/2 c. catsup**  
**1/4 c. molasses**  
**1 T. brown sugar**  
**2 tsp. barbecue sauce**  
**1/2 tsp. sugar**  
**1/2 tsp. onion powder**  
**1/2 tsp. black pepper**  
**2 tsp. sherry extract**  
**4 slices bacon**

Mix together all ingredients except bacon in a heavy pot. Cut bacon into 1-inch pieces. Place bacon over beans. Cover and set on back of grill and cook over a slow fire, stirring occasionally 45-60 minutes. If you prefer, you may bake beans in an oven and keep hot on back of grill. Serves 8 to 10. Goes best with Nutty's delicious barbecued ribs and brisket. Nutty, as he is affectionately called, is Clyde's older brother who owns and operates Drexler's Bar-B-Que, a laid-back little rib joint near downtown Houston. Drexler's Bar-B-Que is a popular eating spot for many Trailblazers and other N.B.A. players. It's one of our favorite summer-time hangouts.

*Gaynell Drexler*



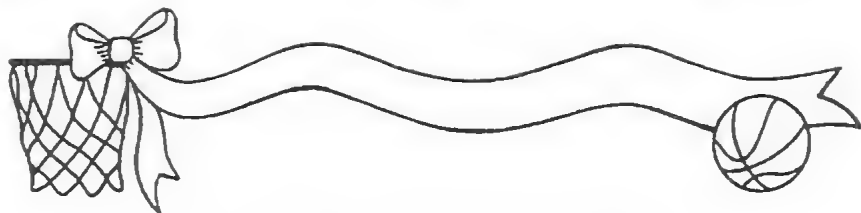


## **COACH ADELMAN'S FAVORITE CREAMED CORN**

**1 lg. pkg. frozen corn**  
**1/2 pt. whipping cream**  
**1/2 pt. milk**  
**1 tsp. salt**  
**1/4 tsp. MSG**  
**3-4 tsp. sugar**  
**Pinch of cayenne pepper**  
**Pepper**  
**2 T. melted butter**  
**2 T. flour**

Combine all except butter and flour in a pot and bring to boil. Simmer 5 minutes. Blend flour with butter, add to corn, mix well. Remove from heat. Best if made ahead and reheated in microwave or stove top.

*Mary Kay Adelman*



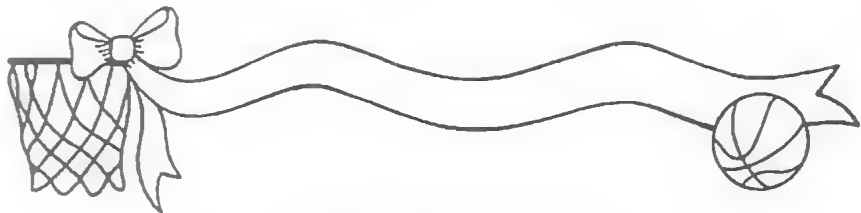
## COMPANY BEANS & RICE

**1 med. onion, coarsely chopped**  
**1-2 cloves garlic, minced**  
**2 T. oil**  
**2 med. tomatoes, finely chopped**  
**1 med. zucchini or summer squash, chopped**  
**1 lb. can beans, any kind, undrained**  
**1/2 tsp. oregano**  
**Salt to taste**  
**Shredded cheese**  
**Cooked rice**

Saute onion and garlic in oil until softened. Add tomato, squash, oregano. Cover and simmer until vegetables softened. Add beans, heat thoroughly. Serve over rice; top with cheese.

*Diane Wetzel*





## CORN PUDDING

- 1/4 c. butter**
- 1 tsp. salt**
- 1/4 c. flour**
- 1 1/2 T. sugar**
- 1 3/4 c. milk**
- 1 pkg. frozen corn, chopped**
- 3 eggs, beaten until frothy**

Melt butter in saucepan. Stir in flour, salt, sugar and milk. Stirring constantly, cook until thick. Stir in eggs and fold in the corn. Pour into buttered casserole and bake at 350°. Place a pan of hot water on rack under casserole in oven. After 45-50 minutes test by putting knife in center, it should come out clean. We have this in place of potatoes at Thanksgiving because it's great with turkey.

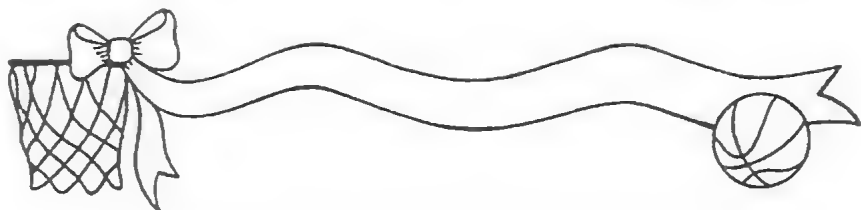
*Jack & Leslie McCloskey  
Detroit Pistons*

## CURRIED CABBAGE

- 1 T. safflower oil**
- 2 T. mustard seeds**
- 1 tsp. turmeric**
- 1 sm. white onion, quartered & sliced thin**
- 1 sm. head cabbage, cored, quartered & sliced thin**
- 1/2 tsp. sea salt**
- 2 T. fresh lemon juice**

In large skillet, heat oil. Add seeds and turmeric and allow to sizzle for a moment. Add onion and saute for several minutes. Add cabbage, salt and mix. Cook uncovered over medium heat, stirring constantly until cabbage begins to wilt. Sprinkle with lemon juice. Serves 4. (This only takes 12 minutes.)

*Valda Schalow*

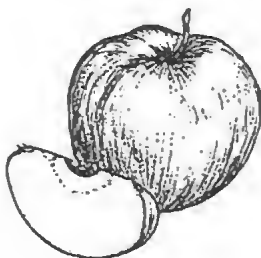


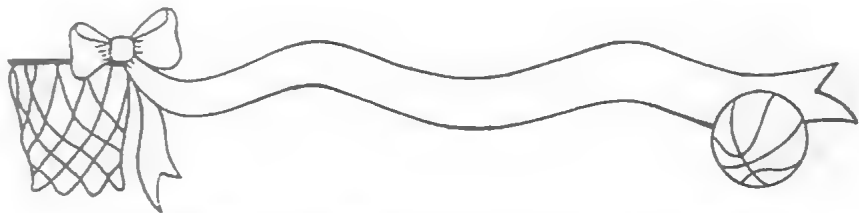
## DUCKWORTH'S SIX BEAN CASSEROLE

- 1 lb. bulk sausage
- 1 can chili hot beans
- 1 can pork and beans
- 1 can lima beans, drained
- 1 can green beans, drained
- 1 can wax beans, drained
- 1 can kidney beans, drained
- 1 can tomato soup
- 2 med. onions, chopped
- 1 c. celery, chopped
- 1 c. brown sugar
- 2 T. mustard
- 1 can tomato paste
- 6-8 strips bacon

Saute sausage, drain. Combine beans. Saute onions and celery and add to beans. Add sugar, mustard and soup. Spread tomato paste over beans. Cover with strips of bacon and bake for 1 hour at 350°.

*Shawn Harris*





## GEORGIA SWEET POTATO SOUFFLE

**3 c. mashed sweet potatoes or yams, canned**

**1 c. sugar**

**1/2 tsp. salt**

**2 eggs, slightly beaten**

**1/3 stick of margarine or butter**

**1/2 c. evaporated milk**

**1 tsp. vanilla extract**

**2 T. orange juice**

### **Topping:**

**1 c. brown sugar**

**1/3 c. flour**

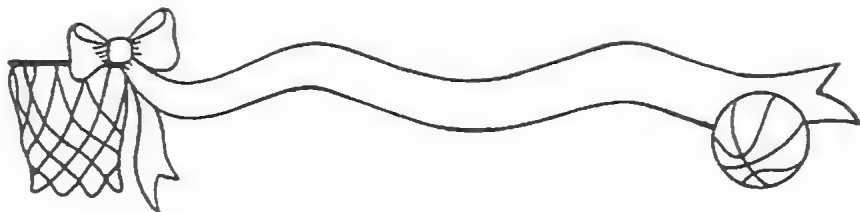
**1 c. chopped pecans**

**1/3 stick of margarine or butter**

Mix all ingredients together and pour into a greased 2-quart baking dish. Mix all topping ingredients and spread over potato mixture. Bake uncovered for 35 minutes at 350°. This is a great accompaniment to roasted poultry or pork roasts. It also makes a tasty dessert!

*Joyce Howard*

*Recipe from Wayne Cooper's sister*



## GERMAN SWEET & SOUR CABBAGE

**6-8 slices bacon cut into sm. pieces**

**1 lg. onion, sliced**

**1 clove garlic, minced**

**1 lg. head purple cabbage, shredded**

**1 lg. apple, peeled, seeded, cubed**

**1 T. caraway seeds, opt.**

**2 T. brown sugar**

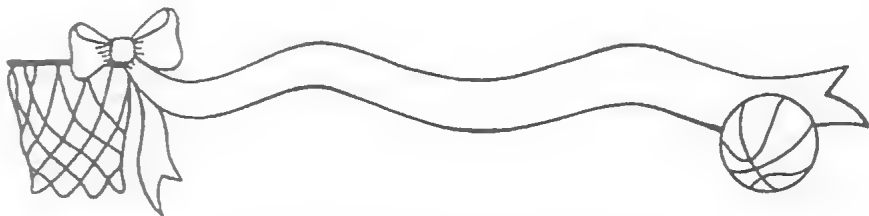
**$\frac{1}{2}$  c. vinegar**

**$\frac{1}{4}$  c. water**

Cooking time 1 hour. Saute bacon, onion and garlic in a heavy skillet. Add cabbage, apple, brown sugar, vinegar and water to same skillet. Cook on high, uncovered. Add more water or vinegar, if necessary. Lower heat to simmer uncovered. Serve with German sauerbraten or stuffed pork loin dinner.

*Paula Buckwalter*



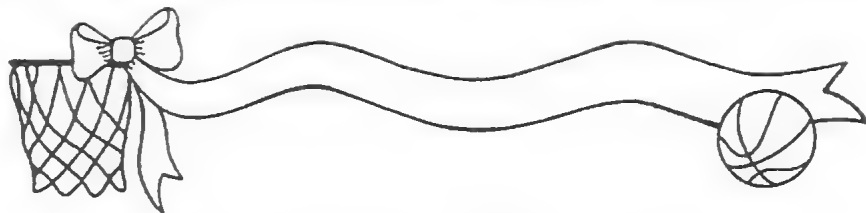


## **GREEN BEANS SUPREME**

- 1/2 tsp. grated onion**
- 2 T. butter**
- 2 T. flour**
- 1/2 tsp. sugar**
- Dash pepper**
- 1/2 c. milk**
- 1/2 c. sour cream**
- 2 (1 lb.) cans cut green beans, drained**
- 4 oz. Swiss cheese, shredded**
- 1/3 c. cornflake crumbs**
- 1 T. butter**

In skillet, cook onion in butter approximately one minute. Blend in flour, sugar, salt and pepper. Add milk and cook until thick. Remove from heat, stir in sour cream. Add beans. Spread  $\frac{1}{3}$  bean mixture in 1-quart casserole. Sprinkle  $\frac{1}{3}$  cheese over beans. Repeat layers ending with beans. Combine cornflake crumbs with melted butter. Toss until well mixed. Top beans with cornflake mixture. Bake for 20 minutes at 400°.

*Paula Buckwalter*



## **HARICOTS ROUGE ET RIZ AVEC AMOUR**

### **(Red Beans & Rice With Love)**

This is a way to catch a spouse in Bayou country. For those who may not know, Clyde was born in the Big Easy. I prepared this dish once while we dated and naturally, it remains his favorite!

**1 pkg. dried red beans**

**1 lg. onion**

**1/3 c. fresh parsley**

**1 sm. garlic clove**

**1 bay leaf**

**1 sm. bell pepper**

**1 lb. cubed smoke sausage or ham or browned lean ground beef**

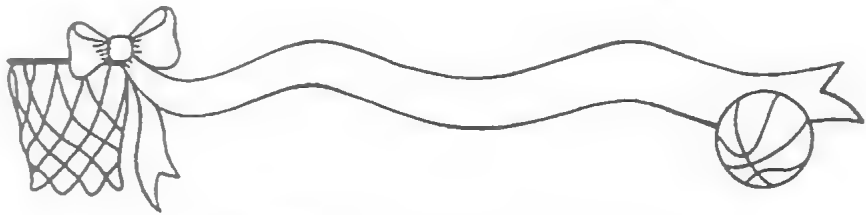
**Salt to taste**

**Cayenne pepper to taste**

Wash and sort beans in cold water. Place beans in a large pot with 10 cups of water. Bring to boil on high heat. Remove from heat and let beans soak for approximately 30 minutes to one hour. Brown the meat and add to beans with other ingredients. Cook covered on low to medium heat until beans are tender (approximately 2 1/2 hours). Stir occasionally. Some people prefer to soak beans overnight in cold water to encourage their tenderness. This makes a delightful vegetarian meal--just omit the meat and serve over rice.

*Gaynell Drexler*





## HOLIDAY BRUSSELS SPROUTS

**As many Brussels sprouts as you need**

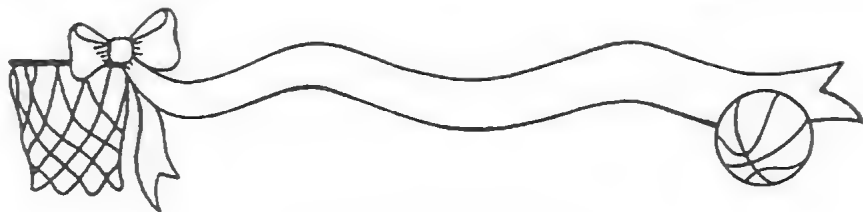
**Progresso Italian bread crumbs**

**Butter or margarine**

Wash and trim Brussels sprouts. Make an X with a sharp knife in stem of each sprout. This helps sprouts to cook evenly throughout. Steam sprouts until they are tender, but not soft. Melt butter or margarine, enough to coat the sprouts. Pour over sprouts and mix gently. Try not to let too many leaves of the sprouts fall off. Now coat the sprouts in the bread crumbs. Put enough crumbs in a bowl and roll each sprout individually in the crumbs until well coated. Place sprouts in a baking dish or on a cookie sheet, single layer, do not stack, bake until brown and crusty, approximately 15 minutes at 400°. Serve these Brussels sprouts as a side dish with your Thanksgiving turkey. They are a great way to introduce Brussels sprouts to those who would ordinarily turn up their noses at these delicious crusty balls.

*Fran Greenberg*





## HOPPIN' JOHN

**1 c. dry black-eyed peas**

**4 c. water**

**1/2 lb. ham hocks**

**1/2 c. chopped onion**

**1/8 tsp. crushed dried red pepper**

**1 c. uncooked rice**

**Salt to taste**

**Pepper to taste**

Wash peas, combine with 4 cups water in Dutch oven. Bring to a boil. Boil two minutes. Remove from heat. Cover and let stand one hour. Add ham hocks, onion, salt, red pepper. Bring to a boil reduce heat and simmer approximately 1 1/2 hours, until peas are tender and ham falls from bone. Remove ham hocks, cut meat into small pieces, discard rind and bones. Drain peas, reserving liquid. Add enough water to make 2 cups. Return peas, ham and liquid to Dutch oven. Bring to a boil, stir in uncooked rice, reduce heat, cover and simmer 20 minutes or until rice is cooked and liquid absorbed. Add salt and pepper to taste. Serves 6 as a main course, 10 as a side dish.

*Lionel Hollins*

*Don't know how it's made--  
But I know that I'm willing  
To try something new  
Just as long as it's fillin. --Anonymous*



## IMPOSSIBLE BROCCOLI PIE

- 1 pkg. thawed, chopped broccoli**
- $\frac{1}{3}$ - $\frac{1}{2}$  c. chopped onion**
- 1 c. fresh mushrooms, sliced**
- 1 c. milk**
- 2 eggs, or substitute**
- 2 c. low-fat cheese**
- 1 c. Bisquick**

Saute onion and mushrooms in a little butter. Put broccoli, onion, mushroom and cheese in a pie plate. Hand beat remaining ingredients and pour over the rest. Bake for 40 minutes at 400°. Serve with steamed baby carrots, fresh tossed salad and dinner rolls. We eat this a lot! Yum!

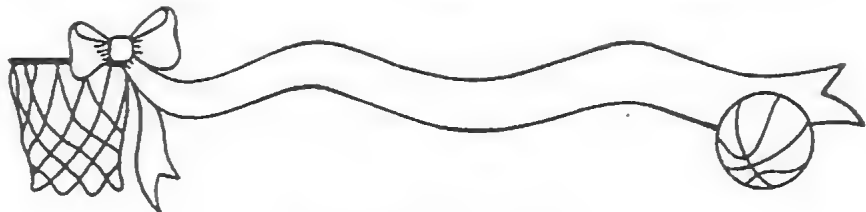
*Valda Schalow*

## JACK'S COWBOY BEANS

- 1 lb. pkg. Jimmy Dean sausage**
- $\frac{1}{2}$  lb. bacon, cut in  $\frac{1}{2}$ -inch pieces**
- 2 cans pork & beans**
- 1 can lima beans**
- 1 c. catsup**
- 1 T. liquid smoke**
- 2 T. vinegar**
- 1 tsp. salt**

Brown sausage and bacon, drain. Combine all ingredients and cook on low heat until heated through. The food of rodeo champions!

*Valda Schalow*



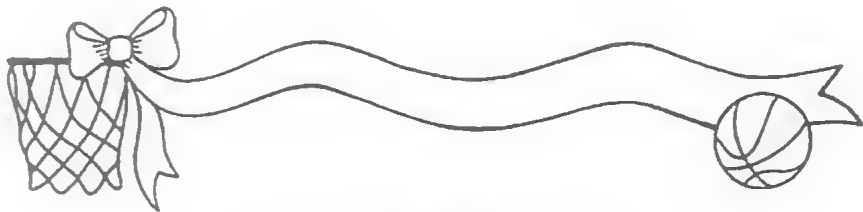
## MEXICAN RICE

- 1 lb. onion, chopped**
- 4 T. olive oil**
- 2 cloves garlic, minced**
- 2 c. long grain rice**
- 1 1/2 c. peeled, chopped tomatoes**
- 4 c. beef consomme**
- 1 1/2 tsp. cumin**

In a large saucepan over medium heat, saute onion in oil until tender, (not browned) for 3 to 5 minutes. Add garlic and rice. Cook 3 to 5 minutes, stirring often. Add tomatoes, consomme, cumin and salt. Bring to boil over high heat. Reduce heat. Simmer covered, until liquid is absorbed, approximately 20 minutes. Fluff with fork before serving. Makes 10 to 12 servings.

*Susan Porter*





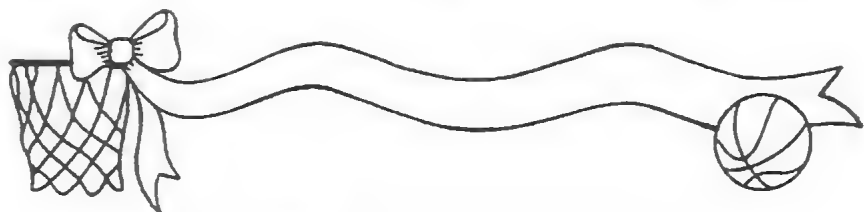
## **MRS. THOMPSON'S BAHAMIAN-STYLE PEAS 'N RICE**

Peas 'N Rice is a popular dish throughout the Caribbean. A few years ago Clyde and I visited Nassau, Bahamas and were invited to a very generous meal prepared by Mrs. Thompson, the mother of former Trail Blazer Mychal Thompson. I was thrilled when she shared with me her family recipe for Peas 'N Rice. Now I make it when my craving for it gets out of hand!

**2 oz. pork fat**  
**1 oz. oil**  
**2 oz. celery**  
**2 oz. onion**  
**2 oz. green pepper**  
**4 oz. tomato paste**  
**12 oz. pigeon peas (black eyed peas)**  
**1 qt. water**  
**Salt to taste**  
**Pepper to taste**  
**Leaf thyme to taste**  
**16 oz. rice**

Cut the pork and vegetables into  $\frac{1}{4}$ -inch dice. Fry the pork in the oil until brown. Add the vegetables and cook for 3 minutes. Add the tomato paste, peas, thyme, water and seasonings. Bring to a boil and add the rice. Cook covered for 20 minutes on low heat. Serves six.

*Gaynell Drexler*



## MUSHROOMS FLORENTINE

- 1 lb. fresh mushrooms**
- 2 pkgs. frozen spinach, thawed, drained**
- 1 tsp. salt**
- 1-2 cloves fresh garlic, chopped**
- $\frac{1}{4}$  c. chopped onion**
- $\frac{1}{2}$  c. melted butter**
- 1 c. grated cheese, any kind**

Saute mushrooms. Place spinach in bottom of casserole sprayed with Pam. Season with salt, garlic, chopped onion. Pour melted butter over all. Sprinkle with  $\frac{1}{2}$  cup cheese. Add mushrooms and cover with remaining cheese. Bake in  $350^{\circ}$  oven for 25-30 minutes. One of Marshall's favorites!

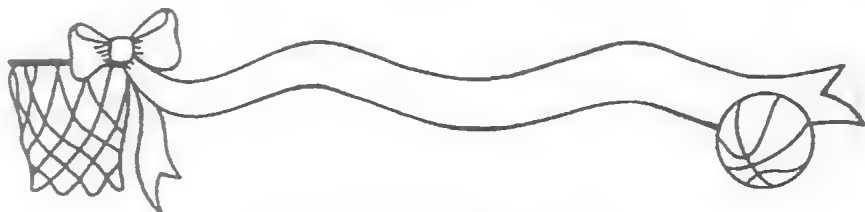
*Joanne Glickman*

## NO-CHEESE POTATO BOATS

- 2 lg. russet potatoes**
- $\frac{1}{2}$ - $\frac{3}{4}$  c. squash**
- Seasoning, your choice**
- $\frac{1}{4}$  c. butter, melted**
- Sea salt**
- Paprika**

Bake potatoes and cool slightly. Cut potatoes in half, scraping pulp from skin. Save skins. Combine cooked squash and potato pulp along with butter, salt and seasonings. Mash together and heap mixture back into potato skins. Sprinkle with paprika. Place under broiler for 10 minutes. These are not only good, but they have a pleasing yellow color! Serves 2 to 4.

*Valda Schalow*

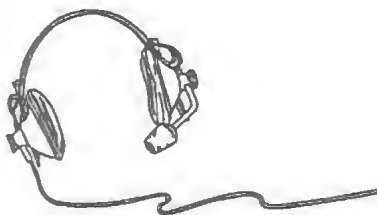


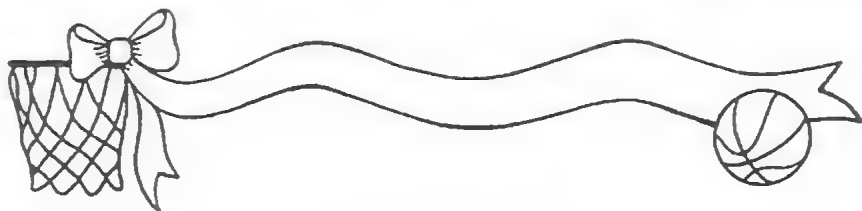
## PAPPA POMODORO

- 3 T. extra virgin olive oil**
- 2 stalks finely diced celery**
- 1 med. carrot, peeled, finely, diced**
- 1 sm. yellow onion, peeled, finely diced**
- 2 1/2 lbs. Italian Roma tomatoes, peeled, seeded, finely chopped including juices**
- 6 (1-inch) slices of week-old dry Italian bread, cubed**
- 1 c. vegetable broth**
- 4 cloves garlic, finely minced**
- 10 leaves fresh basil, shredded**
- 1 sprig fresh rosemary**
- Freshly ground black pepper**
- Freshly grated Parmesan cheese**

In a medium saucepan, heat 2 tablespoons olive oil; cook the celery, carrot and onion over medium heat until softened, stirring often approximately 5 minutes. Add tomatoes, bring to a boil, add bread and broth. Reduce heat and stir often for approximately 10 minutes. When ready to serve, add the garlic, basil, rosemary and the remaining tablespoon of olive oil. Season to taste with freshly ground black pepper. Garnish with cheese. Serves 4.

*Bill Walton*





## RED BEANS

**1 lb. dry red beans**  
**1 lb. meat, browned (bacon, ham or ground beef)**  
**1 lg. onion, chopped**  
**1 clove garlic, chopped**  
 **$\frac{1}{2}$  tsp. chili powder**  
**Salt to taste**  
**Pepper to taste**

Wash beans thoroughly before cooking. Cover beans with water. Add meat, onions, garlic and seasonings. Cook approximately 2 to 2  $\frac{1}{2}$  hours on medium heat. Serve over rice.

*Eunice Scott*  
*Recipe from Clyde's mother*

## SLICED CUKES

**3 lg. cucumbers, wash & dry, slice very thin with skins on**  
**2 med. onions, slice very thin**  
**1 green pepper, slice very thin**  
**1 sm. jar pimiento, chopped**

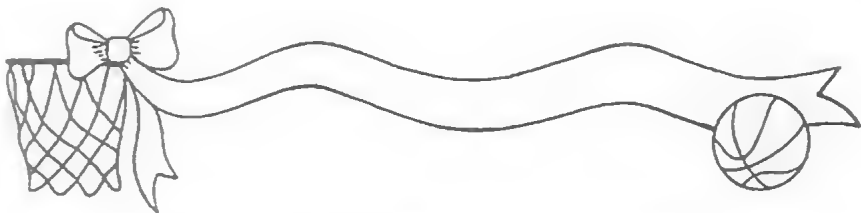
### **Brine:**

**2 c. sugar**  
**1 c. vinegar**  
**2 tsp. salt**  
**1 tsp. celery seeds**

Mix brine until sugar dissolves (this takes a long time)!  
Pour brine over vegetables and mix lightly. Pack in jars and store in refrigerator. Makes 2 quarts and keeps up to 3 months.

*Roberta Shimensky*





## **SOUTHERN CHILI BEAN BAKE**

**2 med. cans chili beans**

**2 sm. cloves garlic, crushed or 1/2 tsp. garlic powder**

**1 1/4 tsp. salt, opt.**

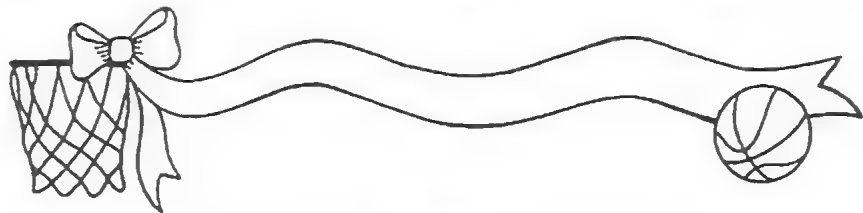
**2 (8-oz.) cans tomato sauce**

**1/2 c. chopped green pepper or use green chilies**

**1 pkg. cornbread mix**

Mix beans, seasonings and tomato sauce. Spread mixture evenly in 10-inch baking dish. Sprinkle with green pepper or chilies. Cover with mixed cornbread batter and bake at 350° for 30-35 minutes. Serves 6.

*Valda Schalow*

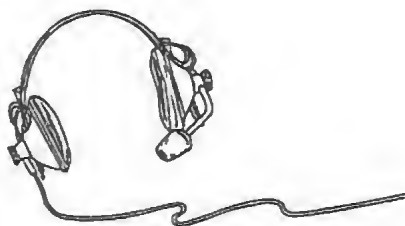


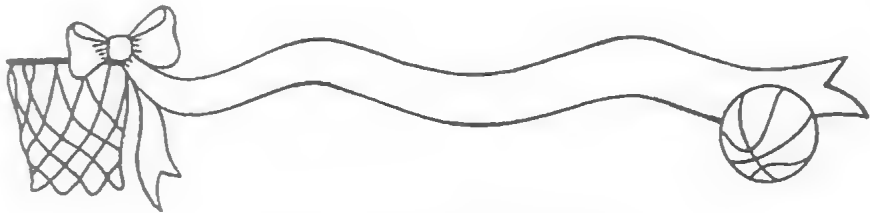
## SOY SAUCE BAKED BEANS

- 1/2 lb. sliced ham**
- 1/3 c. onion, chopped**
- 1 clove garlic, minced**
- 1 lg. can baked beans**
- 1 (10-oz.) can kidney beans, drained**
- 1 (10-oz.) can baby green lima beans, drained**
- 2 T. golden or dark brown sugar**
- 1 T. prepared mustard with horseradish**
- 1/4 c. soy sauce**

Trim fat from ham and fry the fat in a heavy skillet. Cut ham in thin strips and fry in hot fat. Add onion and garlic. Cook 3-4 minutes. Add beans. Blend sugar, mustard and soy sauce in a small bowl. Pour over beans. Turn into a 2-quart baking dish. Bake covered for 30 minutes at 350°. Uncover and bake 10 minutes more. Makes 6-8 servings.

*Geneva Jones*  
*Recipe from Steve's mother*



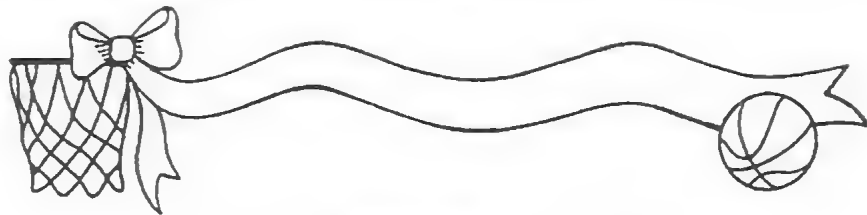


## STEAMED SQUASH

**6 lg. squash**  
**1/2 lb. bacon**  
**1 tsp. onion powder**  
**1 tsp. garlic powder**  
**1 tsp. salt, opt.**  
**1 tsp. pepper**  
**2 T. butter or margarine**  
**Paprika, opt.**

Using an 8-quart pot, add separated bacon into 1 cup of water. Place 1/4-inch slices of squash into steel strainer and drop strainer into the 8-quart pot. Simmer for 15 minutes or until desired tenderness. Drain. Pour the water and bacon over the squash while still in the strainer. Place bacon and squash back into pot and add the onion powder, garlic powder, pepper and salt. Stir well, then place back onto stove top and add the butter or margarine. Garnish finished dish with paprika. Steam for 15 minutes per pound.

*Levi Bryant*  
*Recipe from Mark's father*

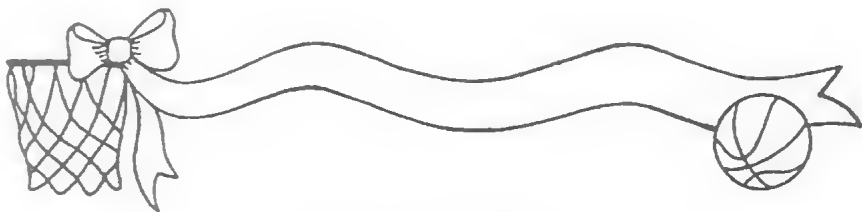


## **SWEET POTATO PUDDING WITH MARSHMALLOWS**

- 1 c. butter, margarine**
- 1  $\frac{1}{2}$  c. sugar**
- 6 egg yolks**
- 2 tsp. brandy flavoring**
- 2 tsp. sherry flavoring**
- 1 tsp. ground all spice**
- 1 tsp. cinnamon**
- 1 tsp. ginger**
- 1 tsp. nutmeg**
- Grated rind & juice of 1 lemon**
- 2  $\frac{1}{2}$  c. mashed, cooked sweet potatoes**
- 6 egg whites, stiffly beaten**
- 1 lg. bag marshmallows, opt.**

Cream together butter and sugar. Add egg yolk, beat well. Stir in flavorings, spices, lemon rind and juice. Fold in egg whites. Turn into greased shallow 2-quart baking dish. Bake for 50-60 minutes in 350° oven. When pudding is done, remove from oven and cover top with marshmallows. Return to oven for 3 minutes or until marshmallows are melted and top is browned. Yield 8 servings.

*Shelley Bryant*

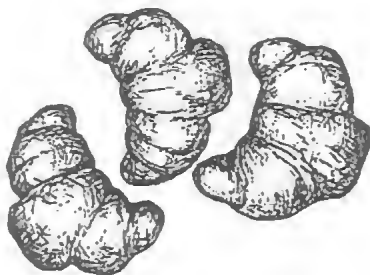


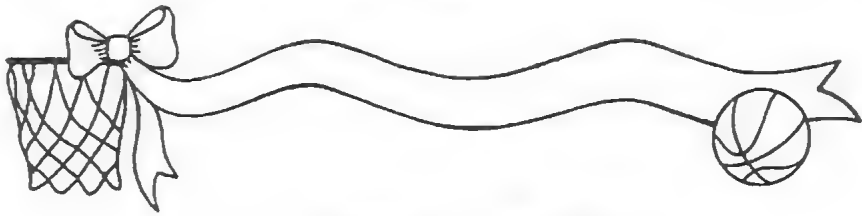
## TUCSON RICE

**2 c. white rice**  
**2 T. oil**  
**4 c. chicken broth**  
**1 lg. onion, chopped**  
**3 sm. cans whole green chilies**  
**2 c. grated Jack cheese**  
**Pint half & half**  
**Salt to taste**

Fry rice in oil, stirring constantly, until lightly browned. Boil rice in chicken broth and onion and salt until all moisture is absorbed, approximately 14 to 20 minutes. Layer half of rice in glass rectangular cake pan. Layer cheese-stuffed chilies on top of rice. Layer remaining rice over chilies, top with half and half. Bake uncovered for 30 minutes at 350° until golden on top. Stuffing green chilies with shredded cheese is time-consuming and difficult. I prefer to open the chilies flat, lay half the chilies on rice, layer the cheese, then the last layer of chilies. Finish with last layer of rice and half and half.

*Diane Wetzel*





## VEGETARIAN DISHES

### EGG FOO YUNG-NO MEAT

**5 eggs**

**$\frac{1}{2}$  c. water**

**$\frac{1}{2}$  c. onion, chopped**

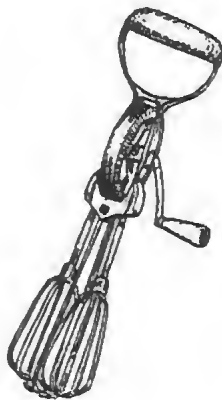
**$\frac{1}{2}$  c. celery, chopped**

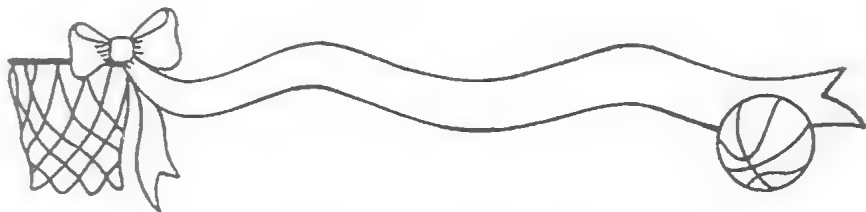
**$\frac{1}{2}$  c. sliced water chestnuts**

**$\frac{1}{2}$  c. mushrooms, diced**

Beat eggs and water. Add onions, celery and water chestnuts and mushrooms. Mix well. For each serving, pour  $\frac{1}{2}$  cup mixture onto hot buttered skillet. Brown on both sides. Serves 4.

*Valda Schalow*

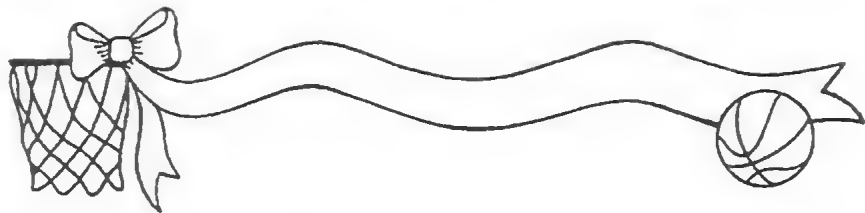




## **VEGETARIAN CHILI**

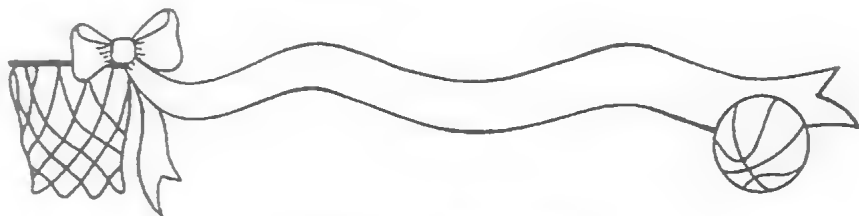
- 2 lg. eggplants, peeled & cut into sm. cubes**
- 4 lg. carrots, scraped & diced**
- 2-3 onions, diced**
- 2-3 sweet peppers, diced (any color, green, red, orange, etc.)**
- 4 c. diced, opt. vegetables (zucchini, squash, & okra work very well, but you can use any veggies you like , in any combination)**
- 2 (24-oz.) cans of whole tomatoes (drain & reserve liquid)**
- 2-3 (18-oz.) cans of beans (any kind you like, my favorite combination is kidney, pinto & garbanzo)**
- 1 pkg. Wick Fowler's 2-Alarm Chili Kit (a pre-measured pkg. of spices including, chili powder, oregano, garlic, red pepper, salt, pepper, paprika & masa flour)\***
- 2-4 T. chopped fresh cilantro, depending on your taste.**
- 2 T. oil**

(continued)



\*Other brands will do but make sure the package calls for 2 pounds of meat. Your amounts will then be correct even when you substitute the veggies for the meat. In a large, heavy stock pot heat oil and add eggplant and onions. Cook over medium heat, stirring constantly to avoid sticking and to coat all ingredients with the oil. After 10 to 15 minutes eggplant should be fairly mushy. Drain any liquid that has come off eggplant and return to pot. The eggplant will serve as the glue which holds this chili together so don't worry about its formless texture. Add the other vegetables. If you are in a rush and don't want to let chili simmer slowly, you may want to steam the harder veggies, like the carrots, pepper, zucchinis, okra, etc. Steam each for a short time just until they lose their crispness. Mix into eggplant. Add drained tomatoes. Break them up with a spoon or your hands. They don't need to be chopped, just broken apart a bit. Stir together all ingredients and let it simmer 5 to 10 minutes. Add Wick Fowler's spice packets one at a time, stirring well. Leave out masa flour until the end. Using all the chili powder and red pepper will make your chili fairly hot. Use as much of these as you like. Stir all ingredients well and see if you think you need some of the tomato liquid. The chili would be the consistency of regular chili and as the veggies cook down it will get looser. Don't be too quick to add more liquid it can always be added later. Let the chili simmer on low heat for at least 1 hour if you steamed veggies. Simmer longer, up to 2 hours, if you didn't. Stir frequently. When all ingredients are soft and well blended, taste and add any spices you left out. Dilute flour in a tablespoon of hot water and make a paste. Add masa flour to pot. Add drained beans and cilantro and heat thoroughly. Chili is ready to eat now, later, tomorrow and all week. It gets better the longer it sits. Will keep up to a week in the refrigerator. Can also be frozen. Serve chili in bowls with grated cheddar cheese on top. Chopped onions also go well on top. You can make burritos with this chili as well, just put a scoop in the middle of a flour tortilla, add cheese and fold up. Ole!



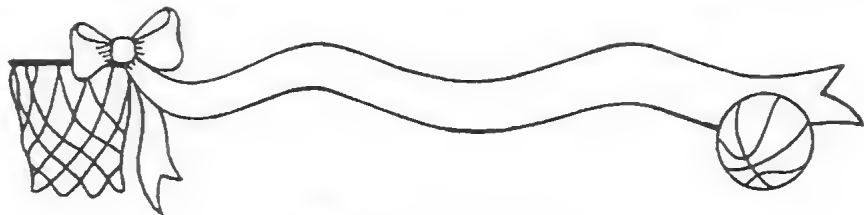


## VEGGIE LASAGNA

- $\frac{3}{4}$ -1 jar of your favorite spaghetti sauce, depending on how thick you like your sauce**
- $\frac{1}{2}$  pkg. of lasagna noodles**
- $\frac{1}{2}$  c. chopped onions**
- 1 c. grated carrots**
- 2 (10-oz.) pkgs. frozen chopped spinach, thawed & drained**
- $\frac{1}{4}$  c. chopped fresh parsley**
- 3 c. chopped zucchini, approx. 4**
- 2 c. sliced fresh mushrooms**
- 1 (15-oz.) part skim ricotta, whipped until smooth**
- $\frac{1}{4}$  c. grated Parmesan**
- 1 c. shredded part-skim mozzarella**

Prepare lasagna noodles. Combine spaghetti sauce, carrots, onion and seasonings. Spread approximately  $\frac{3}{4}$  cup of sauce mixture in 13 x 9-inch baking dish. Layer one-third each of lasagna, sauce, spinach, zucchini, mushrooms, ricotta, mozzarella and Parmesan. Repeat layering twice. Cover; bake for 45 minutes at 350°. Remove and let stand 5 minutes before cutting. Yes!

*Valda Schalow*



## **VEGGIE TACOS**

**Prepare 12 taco shells**

**2 c. broccoli florets**

**1 c. cauliflower**

**1 c. mushrooms, sliced**

**1 zucchini**

**1/2 c. red or green bell pepper**

**Garnish:**

**Shredded cheese**

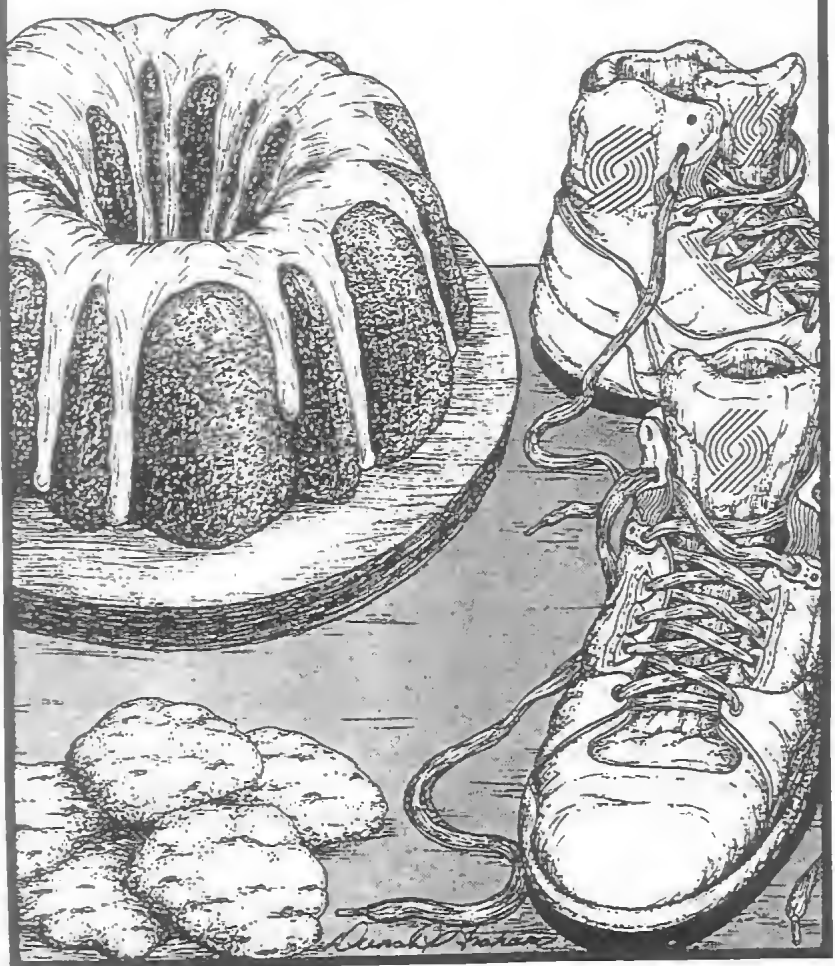
**Chopped tomatoes**

Chop all vegetables and steam for 2-3 minutes. Turn into a bowl and toss with taco seasoning. Fill taco shells with mixture, adding shredded cheese and top with tomatoes. Top with guacamole or salsa. Serve with Mexican rice or refried beans! These are great! I dare you to try them!

*Valda Schalow*

# POST-GAME

## Desserts



# Helpful Hints

**DO** stalk the ants in your pantry, and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

**ROACH POISON:** Sprinkle or dust it (using a narrow-spouted plastic squeeze bottle) into moldings and crevices. This kills them slowly (6 days or longer) but surely. They will not develop a resistance to it. Boric acid is not absorbed by your skin or inhaled, but it is poisonous if eaten. Use 2 parts flour, 1 part boric acid powder, and  $\frac{1}{2}$  part sugar. Mix well or sift.

**REFINISH ANTIQUES OR REVITALIZE WOOD:** Use equal parts of: linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Rub wax along sliding doors, windows, wooden drawers that stick for ease in sliding.

A simple polish for copper bottom cookware is: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

Anti-freeze poured into the metal slide on your glass door helps prevent ice from forming.

**Fabric softener sheets:** cut 8-inch squares of pella and dip in solution of half water, half liquid fabric softener and squeeze out. Reuseable, just dip again.

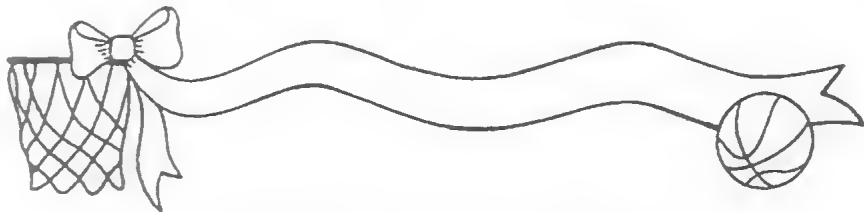
**Iron cleaner:** baking soda on a damp sponge will remove starch deposits. (Cold iron.)

Washing soda in the wash will remove stale orders. Baking soda can be used but is expensive.

An old toothbrush is handy for cleaning beaters, graters, etc.

**To clean Teflon:** combine 1 cup water, 2 tablespoons baking soda,  $\frac{1}{2}$  cup liquid bleach and boil in stained pan for 5-10 minutes or till stain disappears. Wash, rinse and dry, condition with oil before using pan again.

A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be overjoyed at how new and beautiful those pieces will look.



## ALMOND ROCA COOKIES

### Cookie Dough:

**1 c. butter or margarine**

**1/2 c. brown sugar**

**1/2 c. white sugar**

**1 egg yolk**

**1 tsp. vanilla**

**2 c. sifted flour**

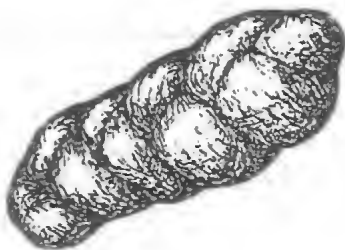
### Topping:

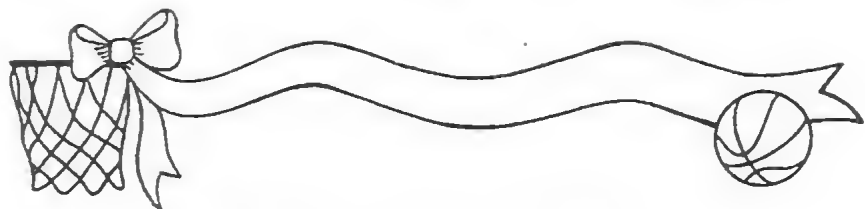
**10 oz. milk chocolate or chocolate chips**

**Finely chopped nuts**

Cream the butter and sugar. Add egg yolk and vanilla. Stir in the flour. Spread the mixture thickly on a cookie sheet. Bake for 15 minutes in 350° oven. Melt chocolate over double boiler. Spread on warm baked cookie. Sprinkle with nuts and press them in firmly. Cut bars while warm, but let stand in pan until chocolate is dry.

*Paula Buckwalter*





## BAKED EGG CUSTARD

**3 c. milk**  
**6 tsp. sugar**  
 **$\frac{1}{4}$  tsp. salt**  
**3 eggs, slightly beaten**  
**1 tsp. vanilla**  
**1 T. butter or margarine**  
**Ground nutmeg**  
**Ground cinnamon**

Scald milk with sugar and salt. Stir slowly into eggs and add vanilla and spices. Strain into 6 custard cups or large baking dish. Dot with butter or margarine. Add a dash or two of nutmeg or cinnamon. Set cups in a shallow pan of hot water, almost to top of cups. Set on center rack of oven and bake approximately 30 minutes at 325° or until a toothpick inserted in center of custard comes out clean.

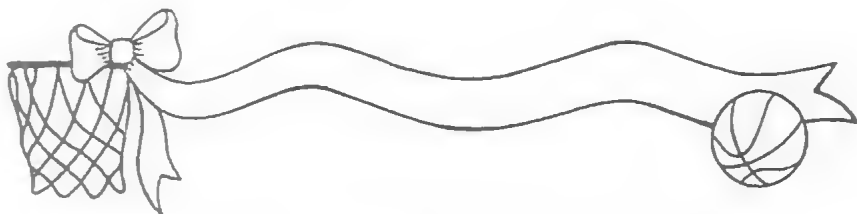
*Shelley Bryant*

## BAVARIAN BROWNIES

**1 pkg. German chocolate cake mix**  
 **$\frac{1}{3}$  c. milk**  
**1 egg**  
 **$\frac{1}{4}$  c. margarine, softened** — *I use corn oil - same amt.*  
**6 oz. chocolate chips**  
**1 c. nuts, opt.**

Combine cake mix, milk, margarine and eggs. Stir in chocolate chips and nuts. Mixture will be thick. Spread in 9 x 13-inch greased baking pan. Bake for 20-30 minutes for 350°. This is a brownie lover's delight.

*Kathy Sabrowski*

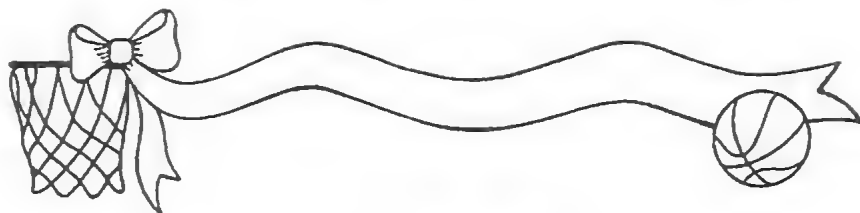


## BLACK PEPPER POUND CAKE

- 1  $\frac{1}{2}$  c. flour**
- $\frac{1}{2}$  tsp. cream of tartar**
- $\frac{1}{2}$  tsp. salt**
- $\frac{1}{2}$  tsp. freshly ground black pepper**
- $\frac{1}{4}$  tsp. mace or nutmeg**
- 1 c. unsalted butter, softened**
- 1 c. sugar**
- 4 lg. eggs (room temperature)**
- 1 T. fresh lemon juice**
- 1 tsp. vanilla extract**

Preheat oven. Grease and flour a six cup kugelhöpfer pan or \*bundt pan. Combine dry ingredients in bowl. In separate large mixer bowl beat butter until light. Gradually add sugar and continue beating until light and fluffy, approximately 5 minutes. Beat in eggs one at a time, beating one minute after each addition. Stir in lemon juice and vanilla. Add dry ingredients and beat one minute more. Pour into prepared pan. Bake, until when tested, toothpick inserted in center comes out clean, approximately 1 hour at 325°. Cool in pan on wire rack 15 minutes. Remove from pan and cool completely. Let stand covered overnight. \*If bundt pan is used, double recipe because cake does not rise.

*Shelley Bryant*



## BROWNIES

**2 sticks of margarine**

**$\frac{1}{2}$  c. cocoa**

**2 c. sugar**

**4 eggs**

**1 tsp. vanilla**

**1  $\frac{1}{2}$  c. flour**

**1 c. pecans or walnuts, chopped**

### **Frosting:**

**1 stick margarine**

**$\frac{1}{3}$  c. cocoa**

**$\frac{1}{3}$  c. milk**

**1 box powdered sugar**

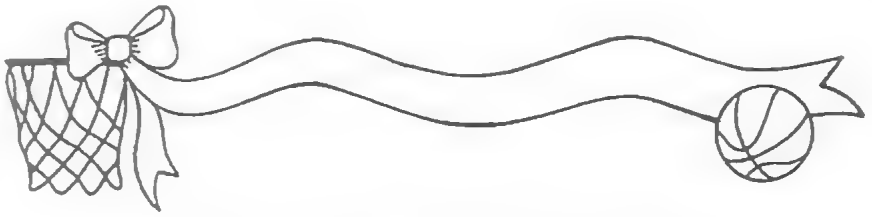
**$\frac{1}{2}$  c. chopped nuts**

Melt margarine on stove with  $\frac{1}{2}$  cup cocoa. Remove from stove, add sugar, eggs, vanilla and flour. Add nuts. Pour into 9 x 12-inch pan sprayed with Pam. Bake for 30 minutes at 325°.

**Frosting:** Combine all ingredients over low heat until blended. Pour over warm brownies and let cool. Brownies will keep for at least 2 weeks in refrigerator.

*Gladys Adelman  
Recipe from Rick's mother*





## **BUCK WILLIAM'S FAVORITE BREAD PUDDING**

**4-5 c. diced fresh bread**

**3 c. hot milk**

**$\frac{1}{2}$ - $\frac{2}{3}$  c. sugar**

**3 eggs, beaten**

**3 T. margarine, melted**

**$\frac{1}{4}$  tsp. salt**

**1 T. vanilla**

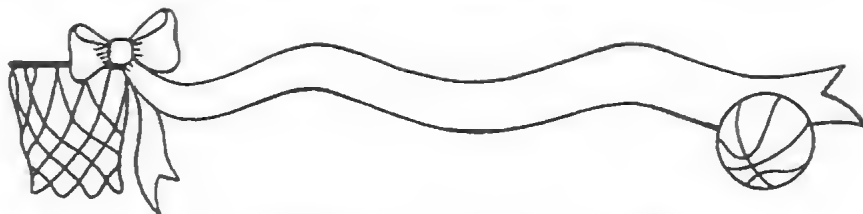
**$\frac{1}{4}$  c. raisins**

**1 tsp. cinnamon**

**1 tsp. nutmeg**

Preheat oven. Trim away crusts from bread and dice. Place bread in buttered baking dish. Add hot milk, let cool for approximately 15 minutes. Combine all other ingredients, pour over bread mixture. Set baking dish in pan of hot water and bake for 45-60 minutes at 350°.

*Mimi Williams*



## BUCKWALTER'S WINE CAKE

**1 pkg. yellow cake mix**

**1 pkg. vanilla instant pudding mix**

**4 eggs**

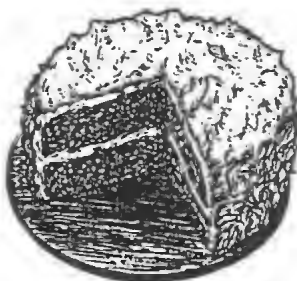
**1 fresh ground nutmeg (grind in a coffee mill)**

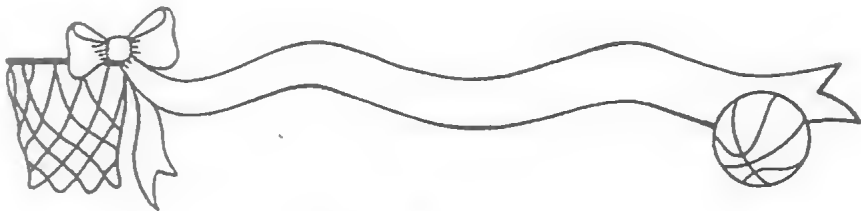
**$\frac{3}{4}$  c. oil**

**$\frac{3}{4}$  c. dry sherry (not cooking sherry)**

Mix all ingredients together. Beat for 5 minutes on medium speed. Bake in greased, floured bundt pan for 45 minutes at 350°. Cool in pan. Let ripen at room temperature. Improves with age. May sift powdered sugar over top.

*Paula Buckwalter*





## CHEESECAKE

### **Crust:**

- 1 1/2 c. crushed graham crackers**
- 5 T. butter**
- 1 T. sugar**

Combine and press into bottom and sides of 9 x 13-inch pan.

### **Filling:**

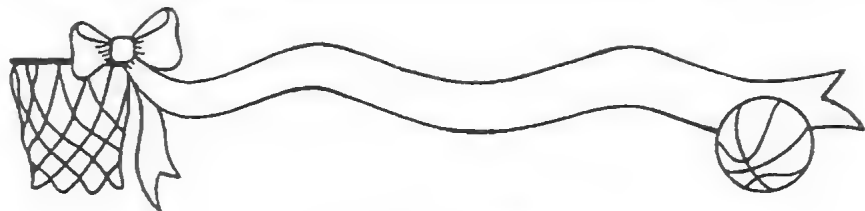
- 3 (8-oz.) pkgs. cream cheese**
- 5 eggs**
- 1 c. sugar**
- 1 1/2 tsp. vanilla**

### **Topping:**

- 3 c. sour cream**
- 1/2 c. sugar**
- 1 1/2 tsp. vanilla**

**Topping:** Cream the cheese. Beat in 5 eggs, stir in sugar and vanilla. Pour over crust. Bake for 1 hour at 300°. Mix sour cream, sugar and vanilla. Pour over hot cheese and let stand three minutes. Bake for five minutes at 350°.

*Alison Kolde*



## CHEESECAKE

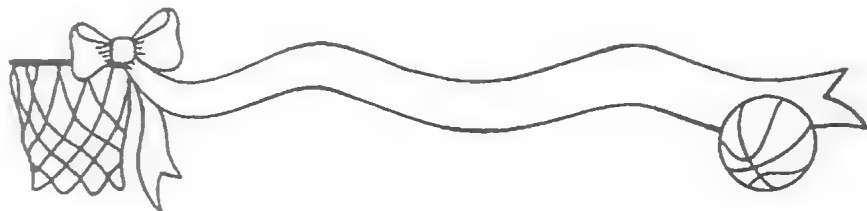
- 1 c. sugar
- 1 lg. cream cheese
- 1 sm. pkg. lemon Jello
- 1 T. lemon juice
- 1 c. boiling water
- 1 can evaporated milk, ice cold

### **Crust:**

- 2 c. graham crackers (reserve  $\frac{1}{2}$  c.)
  - 2 T. sugar
  - 1 stick margarine, melted
- Cool Whip**

Cream sugar and cream cheese together, set aside. Whip milk (good to put can of milk in the refrigerator the day before or 8 hours ahead). Add cheese, Jello mixture and lemon juice. Beat until well mixed. **Crust:** In separate bowl mix ingredients for crust. Spread graham cracker mixture in 8 x 12-inch pan. Bake for 10 minutes at 350°. When crust is cool, pour Jello mixture in, chill overnight. When set, spread Cool Whip over top and sprinkle with reserved graham cracker crumbs.

*Gladys Adelman  
Recipe from Rick's mother*

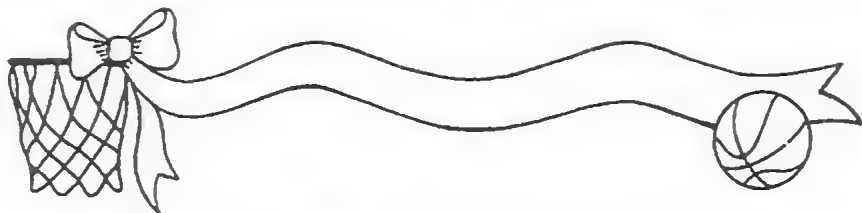


## CHOCOLATE-CHOCOLATE CHIP COOKIES

- 1  $\frac{3}{4}$  c. flour**
- $\frac{1}{4}$  tsp. baking soda**
- 1 c. margarine or butter, softened**
- 1 tsp. vanilla**
- 1 c. granulated sugar**
- $\frac{1}{2}$  c. packed dark brown sugar**
- $\frac{1}{3}$  c. unsweetened cocoa powder**
- 2 T. half & half**
- 1 (4-oz.) c. pecans, chopped**
- 1 (6-oz.) pkg. semi-sweet chocolate pieces**

Stir together flour and baking soda, set aside. In large bowl of mixer, cream butter. Add vanilla and sugars, beat until fluffy. At low speed, mix in cocoa, then mix in half and half. Gradually add flour mixture, scraping bowl with rubber spatula and mixing just until blended. With wooden spoon, stir in pecans and chocolate chips. Drop by rounded teaspoon 1  $\frac{1}{2}$ -inches apart on foil-lined cookie sheets. Bake for 12-13 minutes at 350°. Cookies will still feel soft and not done, but do not over bake! Slide foil, with cookies, off cookie sheets. Let stand a few minutes, then transfer cookies with a wide metal spatula to racks to cool.

*Dottie Schonely*



## CHOCOLATE COCONUT DESSERT

**1 (6-oz.) pkg. (1 c.) semi sweet chocolate pieces**

**1 (13-oz.) can evaporated milk**

**1 (10 <sup>1</sup>/<sub>2</sub>-oz.) pkg. miniature marshmallows**

**1 <sup>1</sup>/<sub>3</sub> c. flaked coconut**

**6 T. butter or margarine**

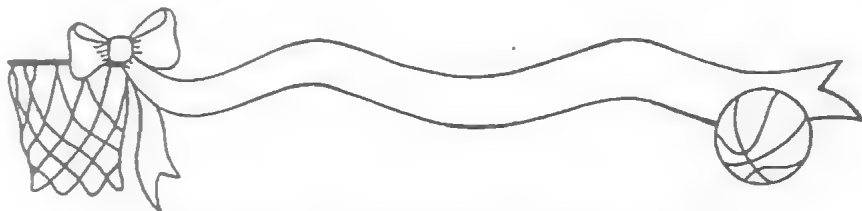
**2 c. Rice Krispies, crushed**

**1 c. chopped walnuts**

**<sup>1</sup>/<sub>2</sub> gal. brick vanilla ice cream**

In saucepan melt chocolate in milk. Bring to boiling: boil gently, uncovered, 4 minutes or until thickened, stirring constantly. Add marshmallows. Heat and stir until melted. Chill. In skillet, cook and stir coconut in butter or margarine until lightly browned. Stir in cereal and nuts. Spread 3 cups of cereal mixture in bottom of 13 x 9 x 2-inch pan. Cut ice cream in half lengthwise and then horizontally into 12 slices, making a total of 24 pieces. Arrange half the ice cream over cereal mixture. Spread with half the chocolate mixture. Repeat layers. Top with remaining cereal mixture. Cover. Freeze firm. Let stand at room temperature 5 to 10 minutes before serving. Make sure your ice cream is very hard before beginning and keep frozen hard while preparing or this can become quite messy to put together.

*Dottie Schonely*



## CHOCOLATE GOOEY BUTTER CAKE

### Cake:

- 1  $\frac{1}{2}$  c. flour
- 1 c. sugar
- $\frac{1}{4}$  c. cocoa powder
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  c. butter, melted
- 2 tsp. baking powder
- 2 eggs
- $\frac{1}{2}$  c. milk
- 1 tsp. vanilla

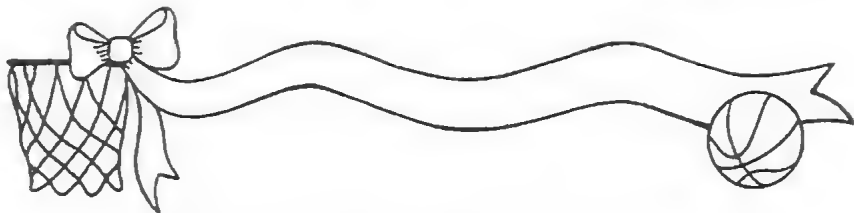
### Topping:

- 1 (8-oz.) pkg. soft whipped cream cheese at room temperature
- 3 oz. bittersweet chocolate, melted
- 1 egg
- 1 lb. box confectioners sugar, sifted

Prepare topping first: Whip together cream cheese, melted chocolate and egg. When smooth, stir in sifted confectioners sugar. Set aside. To make the cake: mix together flour, sugar, cocoa, salt and baking powder, preferably in the bowl of an electric mixer. In another bowl, stir together butter, eggs, milk and vanilla. Slowly add liquid ingredients to dry ingredients and beat for 3 minutes. Pour batter into a buttered 9 x 13-inch cake pan. Gently spread cream cheese topping over cake. Bake in preheated (350°) oven for 40 minutes. Cool for at least 4 hours before serving. Cake stays moist and delicious for three days. Makes 8 to 10 servings.

*Maxine Duckworth  
Recipe from Kevin's mother*

*...the last taste of sweets, is sweetest last... --Shakespeare*



## CHOCOLATE OATMEAL COOKIES

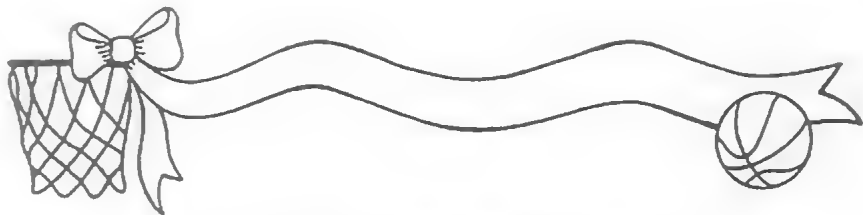
- 2 c. oats**
- 1  $\frac{1}{2}$  c. flour**
- $\frac{1}{2}$  c. unsweetened cocoa**
- 1 tsp. baking powder**
- 1 tsp. cinnamon**
- 1 tsp. nutmeg**
- $\frac{1}{2}$  tsp. salt**
- $\frac{1}{2}$  c. walnuts, chopped & toasted (toast walnuts at 350°  
for 8 minutes)**
- 1 c. butter**
- 2 c. brown sugar**
- 2 tsp. vanilla**
- 2 eggs**
- 1 c. chocolate chips**

In medium bowl, combine first seven ingredients. In large bowl, beat butter, sugar and vanilla until light and fluffy. Add eggs one at a time, beating well. Blend in oat mixture, a cup at a time, mixing well. Stir in chocolate chips and walnuts. Drop by very large tablespoons onto greased baking sheets. Bake for approximately 11 minutes at 350°.

*V. Good 4/18/12*

*Alison Kolde*





## CHOCOLATE WAFFLES

**1/2 c. shortening**

**1/2 c. sugar**

**3 eggs**

**1 1/2 oz. unsweetened chocolate**

**1 1/2 c. sifted flour**

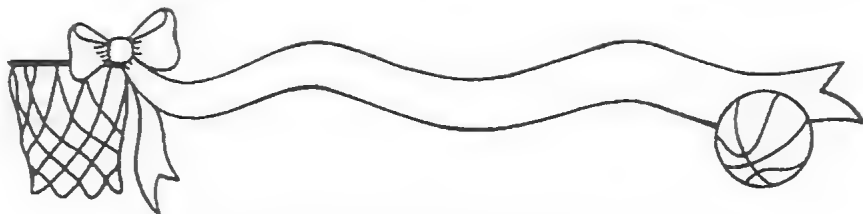
**3 tsp. baking powder**

**1 1/4 c. milk (I use skim, like it matters!)**

**1/2 tsp. vanilla**

Cream shortening and add sugar. Beat eggs and add to mixture. Add melted chocolate. Sift together dry ingredients. Add vanilla to milk and combine alternately with dry ingredients. Batter is thinner than average. Top with strawberries and whipped cream! Is this a dessert? Makes 6-8 waffles.

*Valda Schalow*



## COMMISSIONER'S FRUIT TORTE

**1 c. sugar**

**1/2 c. unsalted butter**

**1 c. unbleached all-purpose flour, sifted**

**1 tsp. baking powder**

**1 tsp. vanilla**

**2 eggs**

Fruit to cover top - either sliced apples, peaches, purple plums, halved with pits removed.

### **Topping:**

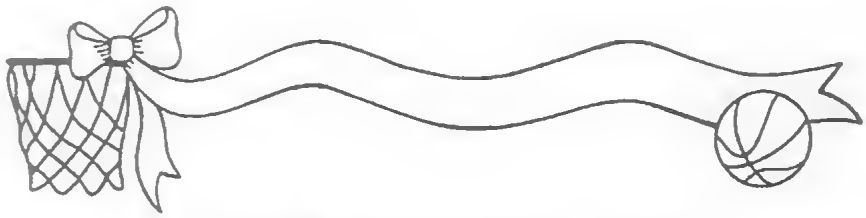
**Lemon juice**

**Sugar**

**Cinnamon**

Cream sugar and butter. Add flour, baking powder and eggs and beat well. Add vanilla and mix in. Spoon batter into ungreased 8 or 10-inch springform pan. Cover top with fruit. You can mix fruits, but it's preferable to use a single kind of fruit. Sprinkle with sugar and lemon juice. Sprinkle with cinnamon. Bake for approximately 1 hour at 350°. Cool. Refrigerate or freeze. If it is to be served immediately, cool to lukewarm. Great with ice cream or whipped cream.

*Dianne Stern*



## COUNTRY VANILLA ICE CREAM

**4 eggs**  
**2  $\frac{1}{4}$  c. sugar**  
**5 c. milk**  
**4 c. heavy cream**  
**4  $\frac{1}{2}$  tsp. vanilla**  
 **$\frac{1}{2}$  tsp. salt**

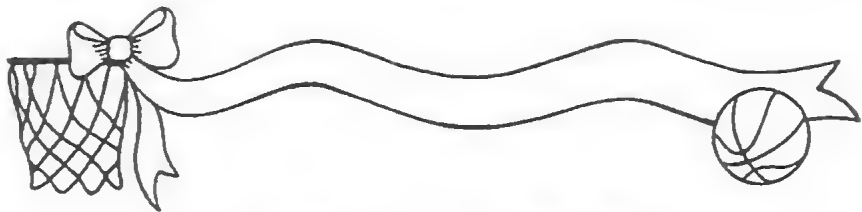
Add sugar gradually to beaten eggs. Continue to beat until mixture is very stiff. Add remaining ingredients and mix thoroughly. Pour into gallon freezer and freeze as directed. Yield: 4 quarts. Fresh Fruit Ice Cream: Fruit and cream frozen together can be made any time of the year with fresh fruit in the summertime and frozen fruit in the wintertime. Use Country Vanilla Ice Cream recipe and substitute 4 cups pureed sweetened fresh fruit or three 12-ounce packages frozen fruit, thawed and mashed in place of 4 cups milk called for in the recipe. Reduce sugar in the recipe to 1  $\frac{3}{4}$  cups. Use 1 teaspoon vanilla and 1  $\frac{1}{2}$  teaspoons almond flavoring if desired. Freeze as directed.

*Geneva Jones*  
*Recipe from Steve's mother*

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*When we are planning for posterity, we ought to remember that virtue is not hereditary. --Thomas Paine*

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## **DR. JAMES CHEESECAKE**

### **Crust:**

- 16 single graham crackers, crushed fine**
- 3 T. melted butter**
- 2 T. sugar**

Mix together and line side and bottom of 10-inch pie plate or springform pan.

### **Filling:**

- 2 (8-oz.) pkgs. softened cream cheese**
- $\frac{1}{2}$  c. sugar**
- 1 tsp. lemon juice (use fresh whole lemon)**
- 2 eggs**
- $\frac{1}{2}$  pt. sour cream**
- 1 T. vanilla**

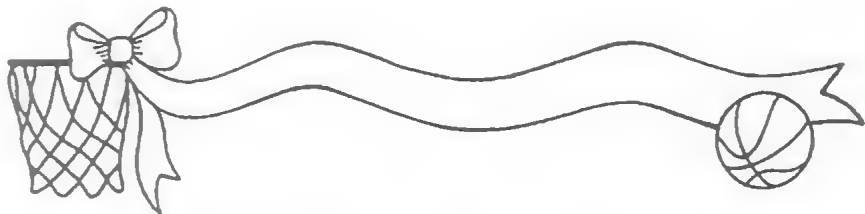
Mix and beat until smooth. Place in crust. Bake in 375° oven for 20 minutes.

### **Topping:**

- 1  $\frac{1}{2}$  pts. sour cream**
- 2 T. sugar**

Mix thoroughly and very gently place by tablespoonfuls on top of baked cake. Sprinkle with cinnamon. Bake 5 minutes in 475° oven. Store in refrigerator at least 2 hours. Overnight is best.

*Paula Buckwalter*



## EASY CHOCOLATE ROLL-UP

**3 eggs**

**$\frac{1}{3}$  c. cocoa**

**1 c. sugar**

**$\frac{2}{3}$  c. flour**

**$\frac{1}{4}$  c. butter**

**1 c. chopped pecans or walnuts**

**1  $\frac{1}{3}$  c. coconut**

**1 (15-oz.) can sweetened condensed milk**

**$\frac{1}{4}$  tsp. salt**

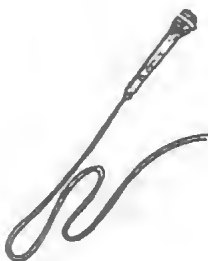
**$\frac{1}{4}$  tsp. soda**

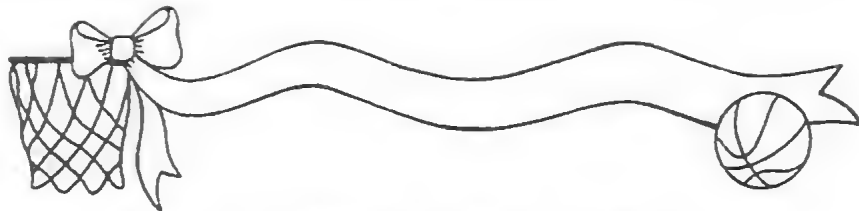
**$\frac{1}{3}$  c. water**

**1 tsp. vanilla**

Line a 15 x 10-inch jellyroll pan with foil. Melt butter in pan, add nuts, coconut and drizzle with condensed milk. Beat eggs and sugar, add other ingredients. Pour over mixture in pan. Bake for 20-25 minutes at 375°, until cake springs back. When done, sprinkle with powdered sugar. Cover with towel. Turn out on flat surface and roll up starting at smaller side.

*Kathy Sabrowski*



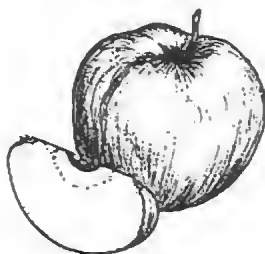


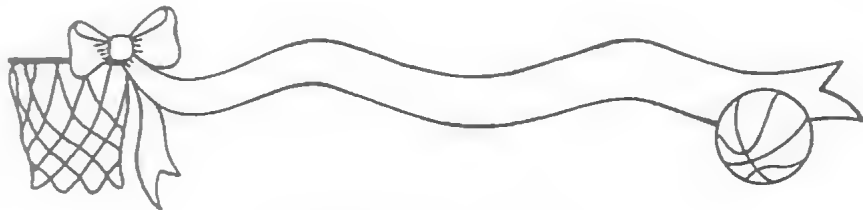
## FRENCH APPLE CAKE A LA THE BAY HOUSE IN LINCOLN CITY

**1  $\frac{2}{3}$  c. flour**  
**1 c. sugar**  
 **$\frac{1}{2}$  tsp. lemon peel**  
**1 tsp. baking powder**  
 **$\frac{1}{4}$  lb. butter**  
**1 egg yolk**  
**5 apples, tart & sliced thin**  
 **$\frac{1}{4}$  tsp. nutmeg**  
**Dash cinnamon**

Cut cube of butter into the flour (save  $\frac{1}{3}$  cup for topping). Add one egg yolk to the rest and press into an 8-inch springform pan on the bottom and sides. Fill with apples, sprinkle with nutmeg and cinnamon. Sprinkle the reserved flour mixture on top. Bake at 375° until browned lightly, approximately one hour.

*Joanne Glickman*





## HARVEST LOAF

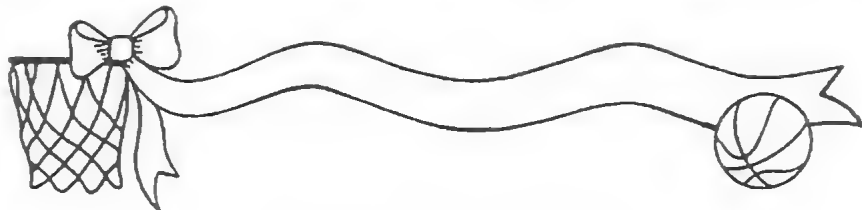
- 1/2 c. butter**
- 1 c. sugar**
- 2 eggs**
- 1 3/4 c. flour**
- 1 tsp. soda**
- 1 tsp. cinnamon**
- 1/2 tsp. salt**
- 1/2 tsp. nutmeg**
- 1/2 tsp. ginger**
- 1/4 tsp. ground cloves**
- 3/4 c. pumpkin**
- 3/4 c. chocolate chips**
- 3/4 c. nuts**

### **Glaze:**

- 2 c. sifted powdered sugar**
- 1 T. light corn syrup**
- 2-3 T. milk**

Cream butter, sugar and eggs. Add remaining ingredients and mix well. Pour into greased loaf pan. Bake at 350° for 65-75 minutes. Let cool and remove from pan. Drip a sugar-water glaze over top.

*Ellie Inman*  
*Miami Heat*



## HEAVENLY HASH

- 1 stick butter
- 1 block unsweetened chocolate
- 2 eggs, beaten
- 1 c. sugar
- 1 c. flour
- 1 tsp. baking powder
- $\frac{1}{2}$  tsp. vanilla
- 1 c. nuts

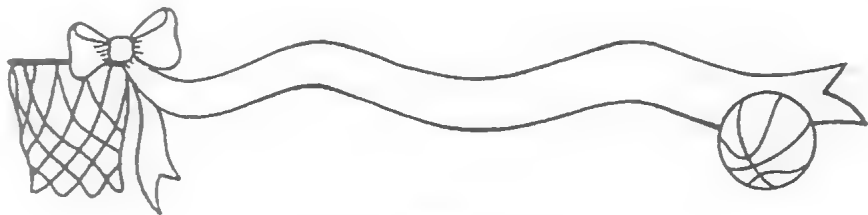
### **Topping:**

- 1 stick butter
- 1 block unsweetened chocolate
- 1 box confectioners sugar
- $\frac{1}{4}$  c. warm milk
- 1 c. miniature marshmallows

Melt chocolate and butter. Add remaining ingredients stirring only until thoroughly mixed. Bake in square greased and floured cake pan for 30 minutes at 325°. **Topping:** Melt butter and chocolate. Add milk and confectioners' sugar, stir until smooth. After cake comes out of oven sprinkle marshmallows over warm crust, pour topping over all.

*Diane Wetzel*





## KRUM KAKA

**1 c. white sugar**

**1/2 c. butter or margarine, melted, cooled**

**Pinch salt**

**3 eggs**

**1/2 c. cream, whipped**

**1 1/2 c. flour**

**1 tsp. vanilla**

Beat eggs well. Add sugar and vanilla, then add the whipped cream, then the flour. Add the cool melted butter. Bake on a medium to hot krum kaka iron or griddle, <sup>3</sup>/<sub>4</sub> teaspoon of dough at a time. Brown lightly then turn over and bake other side. If krum kaka gets too lacy add a little flour.

Bake dese lak your frying pan cakes

Vit da stove not hot enough to burn

Make sure dey luke a golden brown

Ven it comes da time tew turn.

Roll it on a stick, tew mak it round

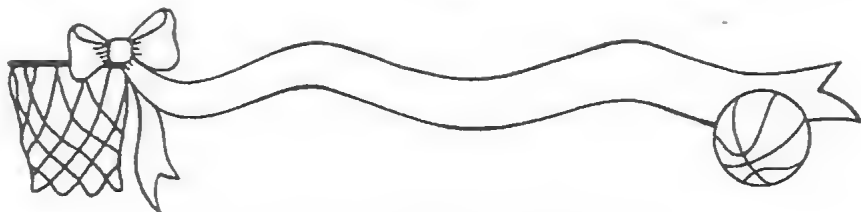
Do it vile da kaka still is hot.

Now try vun out on Ole yust for fun.

He'll say Yur da finest vife I got!

I use handle of my wooden spoon, they will be smaller. Keep in dry place to keep crisp. I store them in a box.

*Myrtle Schalow*  
*Recipe from Jack's mother*



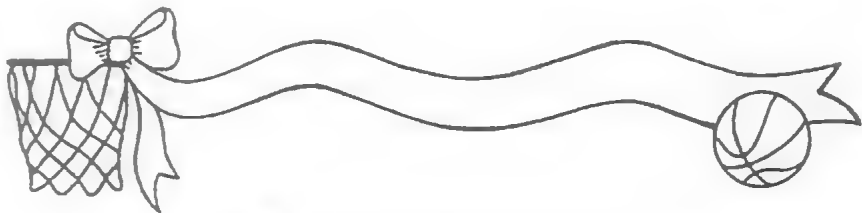
## LEMON CHEESE DELIGHT

- 1 (3-oz.) pkg. lemon gelatin**
- 1 c. boiling water**
- 1 c. grated cheese**
- 1 (8 <sup>1</sup>/<sub>2</sub>-oz.) can crushed pineapple**
- 1 c. low-fat whipped topping**

Dissolve gelatin in water. Chill until slightly thickened. (I don't even do that if I don't have enough time!) Fold in cheese, drained pineapple and whipped topping. Pour into 1-quart mold or dish. Chill. Very tasty! Serves 6.

*Valda Schalow*





## LEMON MERINGUE PIE

**1 c. plus 6 T. sugar, divided**

**$\frac{1}{4}$  c. flour**

**3 T. cornstarch**

**$\frac{1}{4}$  tsp. salt**

**2 c. water**

**3 eggs, separated**

**1 T. butter**

**1 tsp. grated lemon rind**

**$\frac{1}{4}$  c. lemon juice**

**1 baked pie shell**

In a saucepan, combine 1 cup sugar, flour, cornstarch, salt and water. Cook over medium heat until clear and thick. Beat egg yolks together. Add a little hot sugar mixture to egg yolks to warm them. Then pour egg yolks into saucepan. Cook for 1 minute. Remove from heat. Combine butter, lemon rind and lemon juice. Blend into egg yolk mixture. Pour into pie shell. Beat egg whites until soft peaks form. Gradually add remaining 6 tablespoons sugar. Beat until stiff peaks form. Spread over hot filling. Bake pie in a preheated oven (425°) for 5 minutes until meringue is lightly browned. Makes 6 servings.

*Maxine Duckworth  
Recipe from Kevin's mother*



## LEMON POUND CAKE

**1 c. butter or margarine**

**$\frac{1}{2}$  c. soft shortening**

**2 c. sugar**

**5 eggs**

**$\frac{1}{4}$  tsp. salt**

**1 T. vanilla**

**1 T. lemon extract**

**3 c. sifted flour**

**1 (7-oz.) bottle lemon flavored carbonated drink**

**Confectioners sugar, sifted**

Combine butter and shortening in large bowl. Beat with electric hand mixer until creamy. Add sugar gradually until fluffy. Add eggs one at a time. Beat well. Add salt and flavorings. Add flour alternately with lemon flavored drink. Mix very well. Pour into greased tube pan. Bake for 1  $\frac{1}{2}$  hours at 325°. Cool on wire rack before removing from pan. Sprinkle top with confectioners sugar.

*Mimi Williams*

## MA'S EGG PIE

**3 eggs**

**1  $\frac{1}{2}$  c. sugar**

**$\frac{1}{2}$  c. butter, melted**

**Dash of salt**

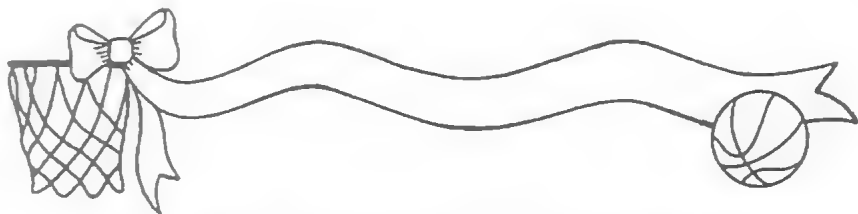
**$\frac{1}{4}$  c. milk**

**$\frac{1}{2}$  tsp. nutmeg**

**1 unbaked pie shell**

Beat eggs. Add sugar, milk, melted butter, salt and nutmeg. Mix well. Pour into pie shell. Bake for 30 minutes at 350°.

*Elizabeth Kersey*

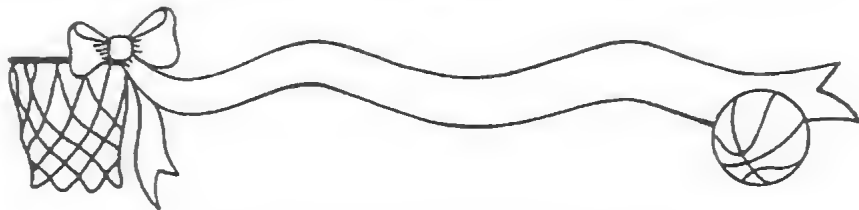


## ME MERE'S PINEAPPLE DESSERT

- 1/2 c. butter**
- 1 1/2 c. powdered sugar**
- 2 well beaten egg yolks**
- 15 graham crackers, crushed**
- 1 c. cream, whipped**
- 4 T. sugar**
- 1 tsp. vanilla**
- 1 c. crushed pineapple**
- 10 more graham crackers, crushed**

Spread 15 crushed graham crackers in a 9 x 9 x 2-inch well-greased pan. Cream butter and powdered sugar, add egg yolks. Whip cream with 4 tablespoons sugar, vanilla and pineapple. Spread butter, sugar mixture over crust. Spread whipped cream mixture over butter mixture. Top with 10 crushed graham crackers. Let set 24 hours in refrigerator.

*Mary Kay Adelman*



## MOM'S APPLESAUCE CAKE

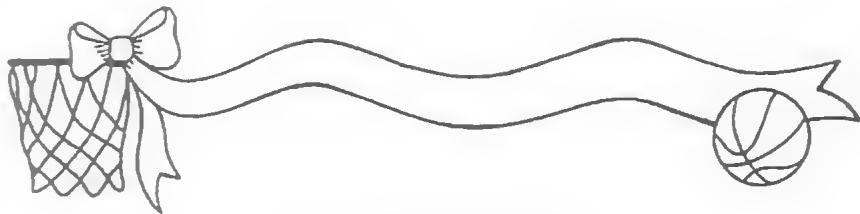
- 1/2 c. shortening**
- 1 c. sugar**
- 1 egg**
- 2 c. flour**
- 1 tsp. baking powder**
- 1 tsp. soda**
- 1/2 tsp. salt**
- 1/4 tsp. cloves**
- 1/2 tsp. cinnamon**
- 1/2 tsp. nutmeg**
- 1 1/2 c. thick unsweetened applesauce**
- 1/2 c. chopped nuts**
- 1/2 c. chopped raisins**

Cream sugar and shortening. Mix dry ingredients. Add dry ingredients to first mixture alternately with applesauce. Add nuts and raisins with last flour mixture. Bake in greased and floured pan. Loaf pan bake 50-60 minutes at 350°. Layer bake 25-30 minutes at 350°. When cool, frost if desired.

### **Blend together:**

- 1/2 lb. powdered sugar**
- 1/4 stick margarine**
- Grated orange or lemon rind**
- Dash salt**
- 2 T. vanilla**
- Milk to blend**

*Paula Buckwalter*



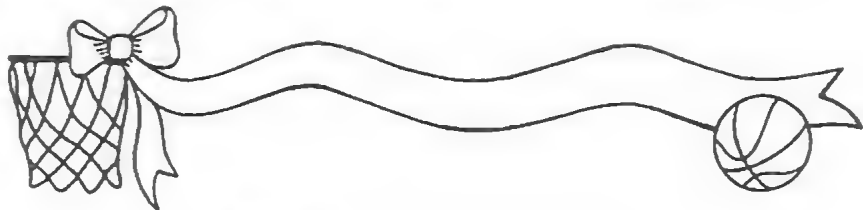
## NEIMAN-MARCUS CHOCOLATE CHIP COOKIES

1 c. butter  
1 c. sugar  
1 c. brown sugar  
2 eggs  
1 tsp. vanilla  
2 c. flour  
2  $\frac{1}{2}$  c. oatmeal, crushed  
 $\frac{1}{2}$  tsp. salt  
1 tsp. baking powder  
1 tsp. baking soda  
1 (12-oz.) bag chocolate chips  
1 (4-oz.) Hershey bar, grated  
 $\frac{1}{4}$  tsp. cinnamon  
1  $\frac{1}{2}$  c. chopped nuts

Cream butter, sugar, eggs and vanilla. Add remaining ingredients. Form into balls and bake on greased cookie sheet for 6 minutes at 375°.

*Ellie Inman  
Miami Heat*

*I'm sorry for people, whoever they are, who live in a house with no cookie jar. --Edgar A. Guest*



## PAPER BAG APPLE PIE

- 1 unbaked 9-inch pastry shell**
- 3 or 4 lg. baking apples (approx. 2 1/2 lbs.)**
- 1/2 c. sugar**
- 2 T. flour**
- 1/2 tsp. nutmeg**
- 2 T. lemon juice**

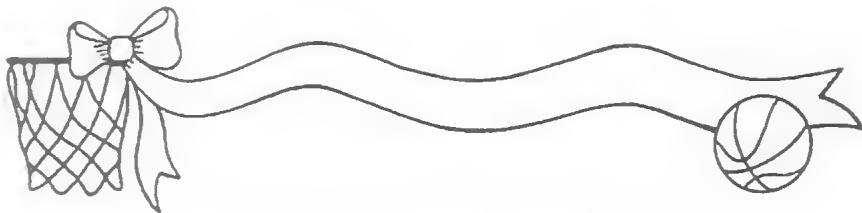
### **Topping:**

- 2 c. sugar**
- 1/2 c. flour**
- 1/2 c. butter, cold**

Make an unbaked 9-inch pastry shell using packaged pie crust mix or your favorite recipe. Pare, core and quarter apples. Then halve each quarter crosswise to make chunks. This should yield approximately 7 cups. Combine sugar, flour and nutmeg in a cup, then sprinkle over apples. Toss to coat well. Spoon apple mixture in pastry shell. Drizzle with lemon juice. Combine topping ingredients in small bowl. Cut in butter; sprinkle over apples to cover. Slide pie into heavy brown paper bag large enough to cover pie loosely. Fold open end over twice and fasten with paper clips. Place on large cookie sheet for easy handling. Bake in hot oven (425°), for 1 hour. Apples will be tender and top bubbly and golden. Split bag open and remove pie. Cool on wire rack. Serve plain or with cheese and ice cream...Recipe for happiness!

*Marilyn Wilkens  
Cleveland Cavaliers*





## PEANUT BUTTER FINGERS

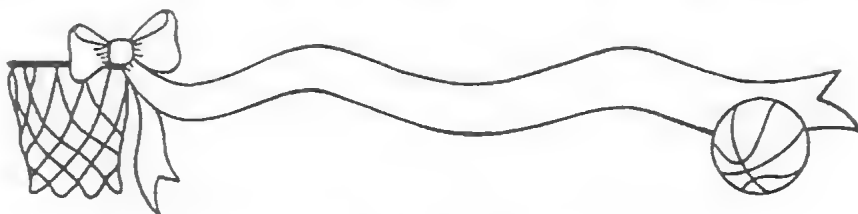
- 1/2 c. butter**
- 1/2 c. sugar**
- 1/2 c. firmly packed brown sugar**
- 1 c. flour**
- 1 c. quick cooking oats**
- 1 (6-oz.) pkg. semi sweet chocolate chips**
- 1 unbeaten egg**
- 1/3 c. peanut butter**
- 1/2 tsp. soda**
- 1/2 tsp. vanilla**
- 1/4 tsp. salt**

### **Topping:**

- 1/2 c. sifted powdered sugar**
- 2-4 T. evaporated milk**
- 1/4 c. peanut butter**

Cream the butter. Add sugar and brown sugar, cream well. Blend in egg, peanut butter, soda, salt and vanilla. Stir in flour and oats. Spread in greased 13 x 9-inch pan. Bake for 20-25 minutes at 350°. Sprinkle with chocolate chips. Let stand 5 minutes. Combine topping ingredients, mix well. Spread chocolate chips evenly. Drizzle with peanut butter mixture. Makes 4 dozen. Our kids grew up with these cookie bars - a real kid - pleaser!

*Patty Wasch*



## PEARS WITH RASPBERRY SAUCE

**6 firm ripe pears**

**Red food coloring**

**2 (10-oz.) pkgs. frozen raspberries, thawed or fresh raspberries**

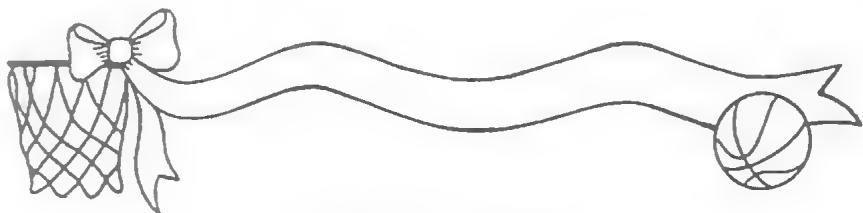
**2 T. sugar**

**2 tsp. cornstarch, dissolved in 2 T. water**

**$\frac{1}{4}$  c. Grand Marnier liqueur**

Place pears upright on a rack in a covered kettle or wok over simmering water. Cover and steam 10-15 minutes. Remove pears and hold each under cold running water while you gently remove the skin. Rub one side of pear with a little red food coloring. Refrigerate covered until well chilled. Puree raspberries in a blender and strain out seeds. Bring puree to a boil in a saucepan. Stir in sugar and cornstarch. Stir until thickened. Remove from heat and add liqueur. Refrigerate until well chilled. Place pears in individual serving bowls and spoon sauce over each. Serves 6.

*Ruth Cook*

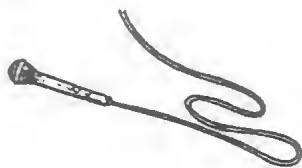


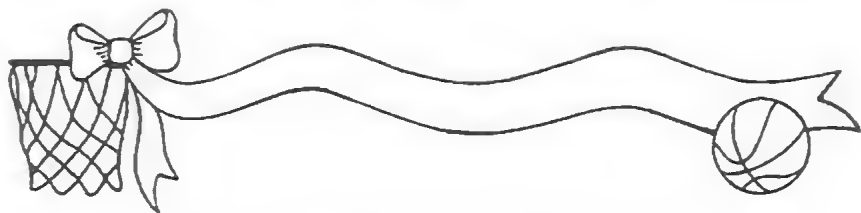
## POUND CAKE

- 3 c. flour**
- 3 c. sugar**
- 3 sticks butter or margarine**
- 5 eggs**
- 1 c. milk**
- 1 tsp. vanilla flavor**
- 1 tsp. lemon flavor**
- $\frac{1}{2}$  tsp. baking powder**
- $\frac{1}{2}$  tsp. salt**

Cream butter or margarine and sugar. Mix well. Add eggs one at a time, beating well after each one. Combine and sift flour, baking powder and salt. Alternately add dry ingredients and milk to the creamed mixture. Mix well but don't over mix. Add flavors. Cake pan should be prepared with shortening and flour before pouring in batter. Bake for 1-1  $\frac{1}{2}$  hours at 325°.

*Carol Jones*





## **SOUR CREAM & LEMON CAKE**

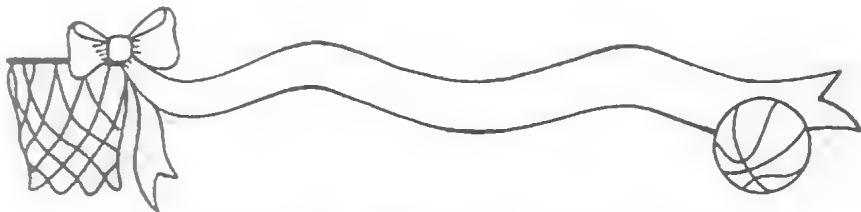
- 2 c. all-purpose flour, sifted**
- 2 tsp. baking powder**
- 1 tsp. salt**
- 1 c. unsalted butter or margarine, room temp.**
- 2 c. sugar**
- 3 eggs**
- Grated zest of 1 lg. lemon**
- $\frac{1}{2}$  pt. dairy sour cream**

### **Lemon Glaze:**

- $\frac{1}{4}$  c. unsalted butter, melted**
- 3 T. fresh lemon juice**
- 2 c. powdered sugar, sifted**

Thoroughly butter and flour a 10-inch Kugelhopf or bundt pan. Tap pan edges in sink to shake out excess flour. Set pan aside. Sift flour, baking powder and salt into a medium bowl; set aside. In electric mixer bowl, cream butter and sugar at low speed until blended (or mix by hand). Then beat at medium until mixture is very fluffy, approximately 6 minutes. Beat in eggs, one at a time, scrape down side of bowl after each addition. Add lemon zest and blend. Add flour mixture to creamed mixture alternately with sour cream, adding each in 3 additions and scraping down side of bowl after each addition. Pour batter into prepared pan; bake until toothpick comes out clean. (1 hour at 325°.) Cool. Prepare lemon glaze. Turn cooled cake out onto platter. Drizzle lemon glaze evenly over cake. Serves 12 to 15.

*Shelley Bryant*



## SOUR CREAM CAKE

*2/22/used white cake mix*

**1 box Duncan Hines butter recipe cake mix**

**4 eggs**

**3/4 c. Mazola corn oil**

**8 oz. sour cream**

**1/2 c. sugar**

**1/2 tsp. vanilla**

*4, e.*

*1 cup yogurt*

*1/2 c. sugar*

*1/2 tsp. lemon juice*

*1 lemon zest*

**Glaze:**

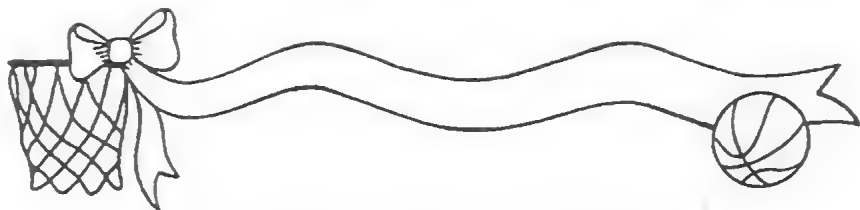
**1 c. powdered sugar**

**1/2 tsp. vanilla**

**2 T. milk**

Mix all ingredients and beat until smooth. Pour into bundt cake pan or pound cake pan that has been greased and floured. If pan is non-stick, spray with Pam. Bake for 45 minutes at 350°. When cake does not move when pan is gently shaken, remove from oven and let cool 10-15 minutes. Then turn out onto cake plate. Mix ingredients for glaze and pour over cake. Danny liked this cake so much that when I couldn't make one for him at 9:30 one night, he made one himself!

*Deborah & Danny Young*



## SOUTHERN SWEET POTATO PIE

- 6 med.-size sweet potatoes
- 2  $\frac{1}{2}$  c. white sugar
- 1 c. brown sugar
- 1 stick melted butter
- 4 eggs
- 1 can Carnation evaporated milk
- 1 tsp. vanilla extract
- 1 tsp. fresh lemon juice
- $\frac{1}{2}$  tsp. nutmeg
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{2}$  tsp. ginger
- Handful of miniature marshmallows, opt.

Boil potatoes in jackets until soft. Remove jackets and mash potatoes, combining all of the additional ingredients, mixing until mixture is very smooth. Pour into a 9-inch pie crust. (Sprinkle with marshmallows.) Bake for 55 minutes at 350° until marshmallows have brown tips. Makes three pies.

*Gaynell Drexler*



## TEA CAKES

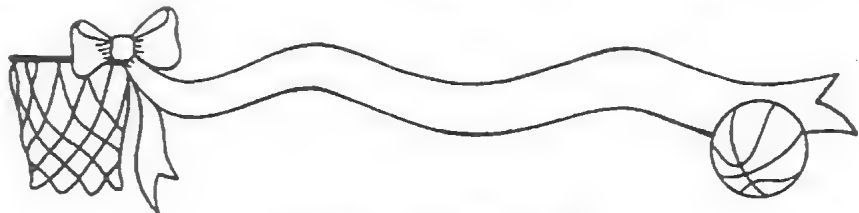
- 1/4 c. shortening**
- 1 c. sugar**
- 2 c. flour**
- 1 egg**
- 1 T. baking powder**
- 1 T. vanilla**
- 1/8 tsp. salt**
- 1/4 c. buttermilk**

Cream shortening and sugar until fluffy. Add egg and continue to cream. Mix flour, baking powder, salt in separate bowl. Alternately mix these dry ingredients with the buttermilk. Add vanilla. Roll into a ball and refrigerate for approximately 2 hours. Let stand at room temperature for approximately 20 minutes. On lightly floured board, roll dough to 1/4-inch thick. Cut out. Place on greased cookie sheet. Bake for 8-10 minutes at 350°.

*Reba Kay*

*Recipe from Steve Jones' mother-in-law*





## TEXAS SHEET CAKE

**2 squares unsweetened chocolate**

**1 c. water**

**1 c. margarine, 2 sticks**

**2 c. flour**

**2 c. sugar**

**1/2 tsp. salt**

### **Icing:**

**1 stick margarine**

**3-4 T. milk**

**2 heaping T. cocoa**

**1 lb. confectioners sugar**

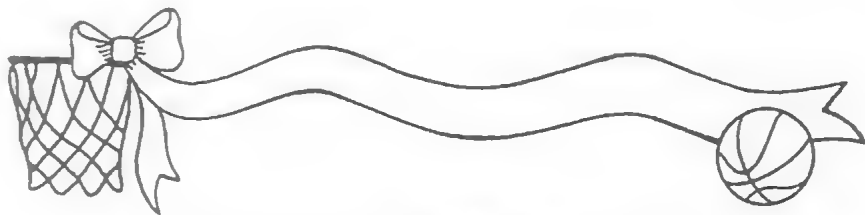
**1 T. vanilla**

**1/2 c. walnuts**

In a saucepan, combine chocolate, margarine and water. Heat until chocolate is melted. Cool slightly. Combine dry ingredients, add cool chocolate mixture, beat together. Combine all ingredients and mix well. Pour into jellyroll pan (cookie sheet with sides.) Bake for 20 minutes at 350°. **Topping:** Combine margarine, milk and cocoa. Bring to a boil. Add sugar and vanilla. Add walnuts. Ice cake while cake is still hot.

*Kathy Rice*





## TO DIE FOR CARROT CAKE

### Cake:

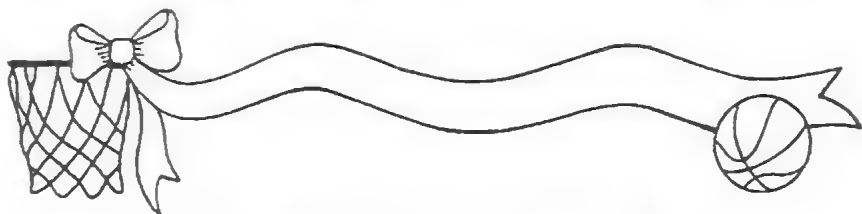
1  $\frac{1}{2}$  c. oil  
2 c. sugar  
2 c. flour  
4 eggs  
 $\frac{1}{2}$  c. pecans, opt.  
3 c. finely grated carrots  
2 tsp. cinnamon  
2 tsp. baking soda  
2 tsp. baking powder  
1 tsp. salt

### Frosting:

1 lb. box confectioners sugar  
8 oz. cream cheese, room temp.  
 $\frac{1}{2}$  stick butter, room temp.  
2 tsp. vanilla

**Cake:** Using an electric mixer, combine oil and sugar, mix well. Add cinnamon, soda, baking powder and salt. Mix well. Add 1 cup flour and 2 eggs. Mix well. Add remaining flour and eggs, mix well. Finally, add nuts and carrots and mix well. Pour into 3 round, greased and floured cake pans. Bake for 30 minutes at 350°. **Frosting:** Mix all ingredients until smooth. Frost between all layers and on top.

*Susan Davis*  
*Recipe from Walter's mother*



## **WALDORF RED VELVET CAKE**

### **Frosting:**

Start the frosting before making the cake.

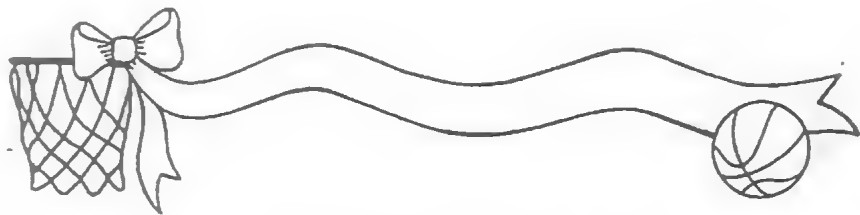
- 1 c. milk**
- 5 T. flour**
- 1 c. butter**
- 1 c. powdered sugar, sifted**
- 1 tsp. vanilla**

Cook milk and flour together until thick. Put in refrigerator to cool. Beat butter, sugar and vanilla together with mixer. Add flour and milk mixture a little at a time.

### **Cake:**

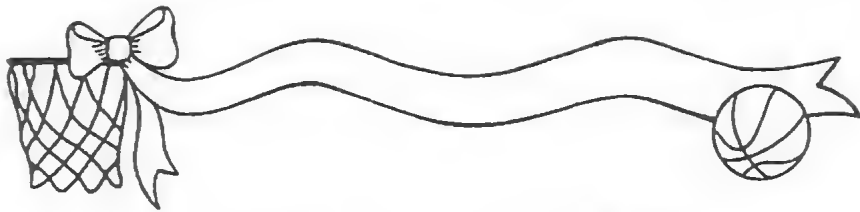
- 1/2 c. shortening**
- 1 1/2 c. sugar**
- 2 eggs**
- 1/4 c. red food coloring**
- 1 tsp. vanilla**
- 2 T. cocoa**
- 1 tsp. salt**
- 1 c. buttermilk**
- 2 1/4 c. flour, sifted 2 or 3 times**
- 1 T. vinegar**
- 1 tsp. soda**

(continued)



Cream sugar and shortening until fluffy; add eggs and beat one minute. Put cocoa and red food coloring into a cup, make a paste and add to sugar and eggs. Add salt. Put vanilla into buttermilk; add slowly to mixture - alternate milk and flour. Put vinegar and soda in cup; mix and add this to the mixture. Bake in two (9-inch) layer cake pans for 25 minutes at 350°. Frost with icing. This is a Valentine tradition at our house. I bake cake in heart-shaped pans. It is also pretty at Christmas. This recipe is from the Waldorf Astoria Hotel in New York.

*Paula Buckwalter*

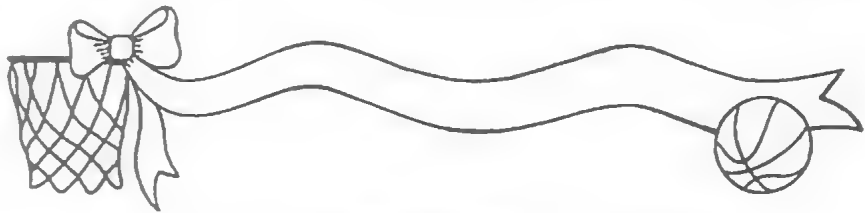


## WHOLE WHEAT CHOCOLATE CHIP, RAISIN, WALNUT COOKIES

- 1 c. whole wheat flour**
- 1 c. flour**
- 1  $\frac{1}{2}$  tsp. baking powder**
- $\frac{1}{2}$  tsp. cinnamon**
- $\frac{1}{4}$  tsp. salt**
- $\frac{2}{3}$  c. shortening**
- $\frac{1}{3}$  c. brown sugar, packed**
- 1 egg**
- $\frac{1}{4}$  c. skim milk**
- 1 tsp. vanilla**
- $\frac{1}{3}$  c. chopped raisins**
- $\frac{1}{3}$  c. chopped walnuts**
- $\frac{1}{3}$  c. chocolate chips**

In a large bowl mix together flours, baking powder, cinnamon and salt. Set aside. Cream together sugar and shortening. Add egg, milk and vanilla to the butter mixture and mix well. Add the dry ingredients and mix just until blended. Using a wooden spoon, add raisins, walnuts and chocolate chips. Roll dough into 1-inch balls and press on to greased cookie sheets making 5 rows of 4 cookies each. Bake until lightly browned (9 minutes at 350°). Remove immediately to cooling rack. Yield approximately 60 cookies.

*Bette Petrie*  
*Recipe from Geoff's mother*



## **WILD RASPBERRY DESSERT**

### **Crust:**

- 1/2 lb. butter**
- 1 1/2 c. flour**
- 2 T. sugar**

Mix together with mixer and pat into greased 9 x 12-inch pan. Bake 30 minutes in 350° oven. Cool.

### **Cream Cheese Layer:**

- 1/4 lb. margarine**
- 2 (3-oz.) pkgs. cream cheese**
- 2 c. powdered sugar**
- 1 c. chopped pecans**

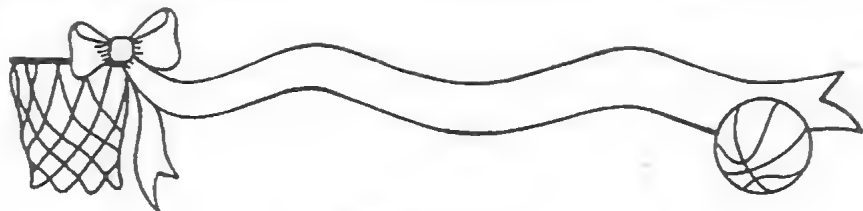
Mix together and spread over crust. Sprinkle chopped pecans over cheese mixture.

### **Wild Raspberry Layer:**

- 1 c. boiling water**
- 1 sm. pkg. wild raspberry Jello**
- 1 env. plain gelatin**
- 2 pkgs. frozen raspberries, partially thawed**

Dissolve Jello and gelatin in boiling water then add raspberries. When it starts to set up, spread over cheese mixture. Serve with a dollop of whipped cream on each piece or spread a layer over the whole dessert.

*Michelle Ainge*



**Autographs**

Jo Fritz

Michelle Ange

Mimi Williams

Denise Cooper

# STATS

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# COOKING TIPS



- ✦ After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks - it will have twice the flavor.
- ✦ To slice meat into thin strips, as for Chinese dishes - partially freeze and it will slice easily.
- ✦ A roast with the bone in will cook faster than a boneless roast - the bone carries the heat to the inside of the roast quicker.
- ✦ Never cook a roast cold - let stand for a least an hour at room temperature. Brush with oil before and during roasting - the oil will seal in the juices.
- ✦ For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- ✦ To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- ✦ To keep cauliflower white while cooking - add a little milk to the water.
- ✦ When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- ✦ To ripen tomatoes - put them in a brown paper bag in a dark pantry and they will ripen overnight.
- ✦ Do not use soda to keep vegetables green. It destroys Vitamin C.
- ✦ When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- ✦ Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- ✦ Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french-fried potatoes.
- ✦ Used greased muffin tins as molds when baking stuffed green peppers.
- ✦ A few drops of lemon juice in the water will whiten boiled potatoes.
- ✦ Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.
- ✦ Do not use metal bowls when mixing salads. Use wooden, glass or china.
- ✦ Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- ✦ To keep celery crisp - stand it up in a pitcher of cold, salted water and refrigerate.
- ✦ Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.



# CALORIE



# COUNTER

## Beverages



Apple juice, 6 oz. ....	90
Coffee (black/unsw.) ....	0
Cola type, 12 oz. ....	115
Cranberry juice, 6 oz. ....	115
Ginger ale, 12 oz. ....	115
Grape juice, (prepared from frozen concentrate), 6 oz. ....	142
Lemonade (prepared from frozen concentrate), 6 oz. ....	85
Milk	
protein fortified, 1 c. ....	105
skim, 1 c. ....	90
whole, 1 c. ....	160
Orange juice, 6 oz. ....	85
Pineapple juice, unsweetened, 6 oz. ....	95
Root beer, 12 oz. ....	150
Tonic (quinine water), 12 oz. ....	132

## Breads



Corn Bread, 1 small square ....	130
Dumplings, 1 med. ....	70
French Toast, 1 slice ....	135
Muffins	
bran, 1 muffin ....	106
blueberry, 1 muffin ....	110
corn, 1 muffin ....	125
English, 1 muffin ....	280
Melba Toast, 1 slice ....	25
Pancakes, 1 4 in. ....	60
Pumpernickel, 1 slice ....	75
Rye, 1 slice ....	60
Waffles, 1 ....	216
White, 1 slice ....	60-70
Whole wheat, 1 slice ....	55-65

## Cereals

Corn Flakes, 1 cup. ....	105
Cream of Wheat, 1 cup ....	120
Oatmeal, 1 cup ....	148
Rice Flakes, 1 cup ....	105
Shredded Wheat, 1 biscuit ....	100
Sugar Krisps, 3/4 cup ....	110

## Crackers

Graham, 1 cracker ....	15-30
Rye Crisp, 1 cracker ....	35
Saltine, 1 cracker ....	17-20
Wheat Thins, 1 cracker ....	9

## Dairy Products



Butter or Margarine, 1 T ....	100
Cheese	
American Cheese, 1 oz. ....	100
Camembert, 1 oz. ....	85
Cheddar, 1 oz. ....	115
Cottage Cheese, 1 oz. ....	30
Mozzarella, 1 oz. ....	90
Parmesan, 1 oz. ....	130
Ricotta, 1 oz. ....	50
Roquefort, 1 oz. ....	105
Swiss, 1 oz. ....	105
Cream	
Light, 1 T ....	30
Heavy, 1 T. ....	55
Sour, 1 T ....	45
Hot chocolate, with milk, 1 c. ....	277
Milk chocolate, 1 oz. ....	145-155
Yogurt	
made w/ whole milk, 1 c. ....	150-165
made w/ skimmed milk, 1 c. ....	125

## Eggs



Fried, 1 large ....	100
Poached or boiled, 1 large ....	75-80
Scrambled or in omelet, 1 large..	110-130

## Fish and Seafood

Bass, 4 oz. ....	105
Salmon, broiled or baked, 3 oz. ....	155
Sardines canned in oil, 3 oz. ....	170
Trout, fried, 3 1/2 oz. ....	220
Tuna, in oil, 3 oz. ....	170
Tuna, in water, 3 oz. ....	110

continued



# Calorie Counter, Cont'd.

## Fruits



Apple, 1 medium .....	80-100
Applesauce, sweetened, 1/2 c. ....	90-115
Applesauce, unsweetened, 1/2 c. ....	50
Banana, 1 medium .....	85
Blueberries, 1/2 c. ....	45
Cantaloupe melon, 1/2 c. ....	24
Cherries (pitted), raw, 1/2 c. ....	40
Grapefruit, 1/2 medium .....	55
Grapes, 1/2 c. ....	35-55
Honeydew melon, 1/2 c. ....	55
Mango, 1 medium .....	90
Orange, 1 medium .....	65-75
Peach, 1 medium .....	35
Pear, 1 medium .....	60-100
Pineapple, fresh, 1/2 c. ....	40
Pineapple canned in syrup, 1/2 c. ....	95
Plum, 1 medium .....	30
Strawberries, fresh, 1/2 c. ....	30
Strawberries, frozen and sweetened, 1/2 c. ....	120-140
Tangerine, 1 large .....	39
Watermelon, 1/2 c. ....	42

## Meat and Poultry



Beef, ground (lean), 3 oz. ....	185
Beef, roast, 3 oz. ....	185
Chicken, broiled, 3 oz. ....	115
Lamb chop (lean), 3 oz. ....	175-200
Sirloin steak, 3 oz. ....	175
Tenderloin steak, 3 oz. ....	174
Top round steak, 3 oz. ....	162
Turkey, dark meat, 3 oz. ....	175
Turkey, white meat, 3 oz. ....	150
Veal cutlet, 3 oz. ....	156
Veal, roast, 3 oz. ....	176

## Nuts

Almonds, 2 T. ....	105
Cashews, 2 T. ....	100
Peanuts, 2 T. ....	105
Peanut butter, 1 T. ....	95
Pecans, 2 T. ....	95
Pistachios, 2 T. ....	92
Walnuts, 2 T. ....	80

## Pasta

Macaroni or spaghetti, 3/4 c. cooked .....	115
---	-----

## Salad Dressings

Blue cheese, 1 T. ....	70
French, 1 T. ....	65
Italian, 1 T. ....	80
Mayonnaise, 1 T. ....	100
Olive oil, 1 T. ....	124
Russian, 1 T. ....	70
Salad oil, 1 T. ....	120

## Soups

Bean, 1 c. ....	130-180
Beef noodle, 1 c. ....	70
Bouillon and consomme, 1 c. ....	30
Chicken noodle, 1 c. ....	65
Chicken with rice, 1 c. ....	50
Minestrone, 1 c. ....	80-150
Split pea, 1 c. ....	145-170
Tomato with milk, 1 c. ....	170
Vegetable, 1 c. ....	80-100

## Vegetables



Asparagus, 1 cup .....	35
Broccoli, cooked, 1/2 c. ....	25
Cabbage, cooked, 1/2 c. ....	15-20
Carrots, cooked, 1/2 c. ....	25-30
Cauliflower, 1/2 c. ....	10-15
Corn (kernels), 1/2 c. ....	70
Green Beans, 1 cup .....	30
Lettuce, shredded, 1/2 c. ....	5
Mushrooms, canned, 1/2 c. ....	20
Onions, cooked, 1/2 c. ....	30
Peas, green, cooked, 1/2 c. ....	60
Potato baked, 1 medium .....	90
chips, 8-10 .....	100
mashed, with milk and butter, 1 c. ....	200-300
Spinach, 1 cup .....	40
Tomato raw, 1 medium .....	25
cooked, 1/2 c. ....	30



# MEASUREMENTS & SUBSTITUTIONS

## Measurements

a pinch .....	1/8 teaspoon or less
3 teaspoons .....	1 tablespoon
4 tablespoons.....	1/4 cup
8 tablespoons .....	1/2 cup
12 tablespoons .....	3/4 cup
16 tablespoons .....	1 cup
2 cups .....	1 pint
4 cups .....	1 quart
4 quarts .....	1 gallon
8 quarts .....	1 peck
4 pecks .....	1 bushel
16 ounces .....	1 pound
32 ounces .....	1 quart
8 ounces liquid .....	1 cup
1 ounce liquid .....	2 tablespoons

**(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)**

## Substitutions

Ingredient	Quantity	Substitute
self rising flour	1 cup.....	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon .....	2 T. flour or 2 tsp. quick-cooking tapioca
baking powder	1 teaspoon .....	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup .....	1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup .....	2 T. molasses in 1/2 c. granulated sugar
sour milk	1 cup .....	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes).
whole milk	1 cup .....	1/2 c. evaporated milk plus 1/2 c. water
cracker crumbs	3/4 cup .....	1 c. bread crumbs
chocolate	1 square (1 oz.) .	3 or 4 T. cocoa plus 1 T. butter
fresh herbs	1 tablespoon .....	1 tsp. dried herbs
fresh onion	1 small .....	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon .....	1 T. prepared mustard
tomato juice	1 cup .....	1/2 c. tomato sauce plus 1/2 c. water
catsup or chili sauce	1 cup .....	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking).
dates	1 lb. ....	1 1/2 c. dates, pitted and cut
bananas	3 medium .....	1 c. mashed
min. marshmallows	10 .....	1 lg. marshmallow

**In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.  
Brown and White Sugars: Usually may be used interchangeably.**



# MICROWAVE HINTS



1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45-60 seconds.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping... a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. A crusty coating of chopped walnuts surrounding many microwaved-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
16. Do not salt foods on the surface as it causes dehydration and toughens the food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
17. Heat left-over custard and use it as frosting for a cake.
18. Melt marshmallow cream in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
19. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.





## *Herbs & Spices*

Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

---

- Basil*** Sweet warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.
- Bay Leaves*** A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.
- Caraway*** Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.
- Chives*** Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.
- Curry Powder*** A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.
- Dill*** Both seeds and leaves of dill are flavorful. Leaves may be used as a garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.
- Fennel*** Both seeds and leaves are used. Has a sweet hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.
- Ginger*** A pungent root, this aromatic spice is sold fresh, dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.

*continued*





- Marjoram*** May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint*** Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.
- Oregano*** Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika*** A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.
- Parsley*** Best when used fresh but can be used dry, use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary*** Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.
- Saffron*** Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.
- Sage*** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.
- Tarragon*** Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.

# NAPKIN FOLDING

## General Tips:

Use linen napkins if possible, well starched.

For the more complicated folds, 24 inch napkins work best.

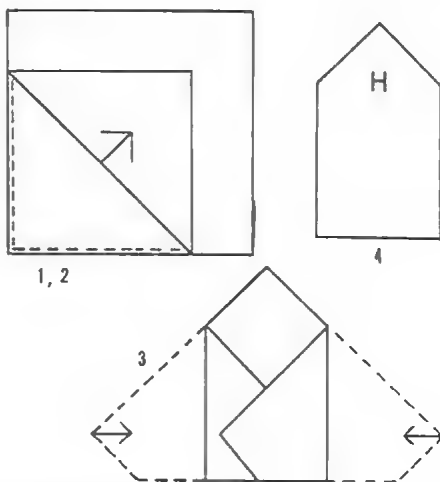
Practice the folds with newspapers.

Children can help. Once they learn the folds, they will have fun!

---

## Shield

This fold is easy. Elegant with Monogram in Corner



### Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

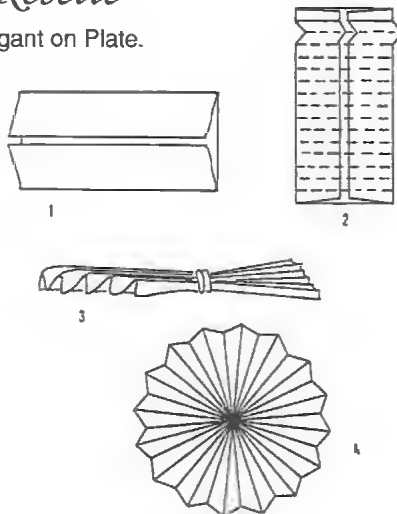
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## Rosette

Elegant on Plate.

### Instructions:

1. Fold top and bottom edges to the center, leaving 1/2" opening along the center.
2. Pleat firmly from the left edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette



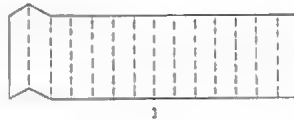
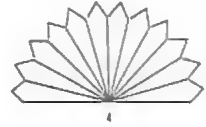
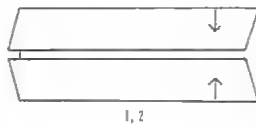
# NAPKIN FOLDING

## *Fan*

### Instructions:

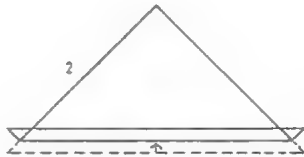
1. Fold top and bottom edges to the center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with a hot iron.
4. Spread out fan. Balance flat folds on each side on table. well-starched napkins will hold the shape.

Pretty in Napkin Ring, or Top of Plate.



## *Candle*

Easy to do, can be decorated.



### Instructions:

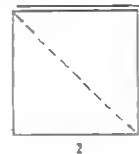
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

## *Lily*

Effective and Pretty on Table.

### Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.) Pleat.
4. Place closed end in glass. Pull down two points on each side and shape.



# VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled.....	10-15 minutes
Artichokes, French	Boiled.....	40 minutes
	Steamed.....	45-60 minutes
Beans, Lima	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
Beans, String	Boiled.....	15-35 minutes
	Steamed.....	60 minutes
Beets, young with skin	Boiled.....	30 minutes
	Steamed.....	60 minutes
	Baked.....	70-90 minutes
Beets, old	Boiled or Steamed...	1-2 hours
Broccoli, flowerets	Boiled.....	5-10 minutes
Broccoli, stems	Boiled.....	20-30 minutes
Brussel Sprouts	Boiled.....	20-30 minutes
Cabbage, chopped	Boiled.....	10-20 minutes
	Steamed.....	25 minutes
Cauliflower, stem down	Boiled.....	20-30 minutes
Cauliflower, flowerets	Boiled.....	8-10 minutes
Carrots, cut across	Boiled.....	8-10 minutes
	Steamed.....	40 minutes
Corn, green, tender	Boiled.....	5-10 minutes
	Steamed.....	15 minutes
	Baked.....	20 minutes
Corn on the cob	Boiled.....	8-10 minutes
	Steamed.....	15 minutes
Eggplant, whole	Boiled.....	30 minutes
	Steamed.....	40 minutes
	Baked.....	45 minutes
Parsnips	Boiled.....	25-40 minutes
	Steamed.....	60 minutes
	Baked.....	60-75 minutes
Peas, green	Boiled or Steamed...	5-15 minutes
Potatoes	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
	Baked.....	45-60 minutes
Pumpkin or Squash	Boiled.....	20-40 minutes
	Steamed.....	45 minutes
	Baked.....	60 minutes
Tomatoes	Boiled.....	5-15 minutes
Turnips	Boiled.....	25-40 minutes



# BUYING GUIDE

## Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

**Asparagus:** Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white - they are more tender. Use asparagus soon - it toughens rapidly.

**Beans, Snap:** Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

**Berries:** Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

**Broccoli, Brussel Sprouts, and Cauliflower:** Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

**Cabbage and Head Lettuce:** Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

**Cucumbers:** Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

**Melons:** In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

**Oranges, Grapefruit, and Lemons:** Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

**Peas and Lima Beans:** Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

### TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots .....	About 40 minutes .....	1/4 c. for each cup of fruit
Figs .....	About 30 minutes .....	1 T. for each cup of fruit
Peaches.....	About 45 minutes .....	1/4 c. for each cup of fruit
Prunes.....	About 45 minutes .....	2 T. for each cup of fruit

# BAKING PERFECT BREADS

## Proportions

Biscuits .....	To 1 cup flour use 1 1/4 teas. Baking Powder
Muffins .....	To 1 cup flour use 1 1/2 teas. Baking Powder
Popovers .....	To 1 cup flour use 1 1/4 teas. Baking Powder
Waffles .....	To 1 cup flour use 1 1/4 teas. Baking Powder
Cake with oil .....	To 1 cup flour use 1 teaspoon Baking Powder

## Rules for Use of Leavening Agents

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

## Proportions for Batters and Dough

Pour Batter .....	To 1 cup liquid use 1 cup flour
Drop Batter .....	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough .....	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough .....	To 1 cup liquid use 4 cups flour.

## Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

## Oven Temperature Chart

Breads	Minutes	Temperature
Loaf .....	50-60 .....	350 - 400
Rolls .....	20-30 .....	400 - 450
Biscuits .....	12-15 .....	400 - 450
Popovers .....	30-40 .....	425 - 450
Cornbread .....	25-30 .....	400 - 425
Nut Bread .....	50-75 .....	350
Gingerbread .....	40-50 .....	350 - 370



# BAKING PERFECT DESSERTS

## For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

## For Perfect Pies and Cakes

- ✦ A pie crust will be more easily made and better if all the ingredients are cool.
- ✦ The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- ✦ Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- ✦ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- ✦ Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- ✦ The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- ✦ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.
- ✦ Cakes should not be frosted until thoroughly cool.
- ✦ To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

### Temperature Chart

Food	Temperature	Time
Butter Cake, loaf .....	360 - 400 .....	40-60 min.
Butter Cake, layer .....	380 - 400 .....	20-40 min.
Cake, angel .....	300 - 360 .....	50-60 min.
Cake, sponge .....	300 - 350 .....	40-60 min.
Cake, fruit .....	275 - 325 .....	3 - 4 hours
Cookies, thin .....	380 - 390 .....	10-12 min.
Cookies, molasses .....	350 - 375 .....	18-20 min.
Cream Puffs .....	300 - 350 .....	45-60 min.
Meringue .....	250 - 300 .....	40-60 min.
Pie Crust .....	400 - 500 .....	20-40 min.

# Food Quantities for Serving 25, 50, and 100 People

Food	25 Servings	50 Servings	100 Servings
<b>Sandwiches:</b>			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
<b>Meat, Poultry, or Fish:</b>			
Wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or Chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steak	7 1/2 pounds	15 pounds	30 pounds
<b>Salads, Casseroles:</b>			
Potato Salad	4 1/4 quarts	1 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12 x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
<b>Ice Cream:</b>			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
<b>Beverages:</b>			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
<b>Desserts:</b>			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10 x 12" sheet cake 1 1/2 10" layer cakes	1 12 x 20" sheet cake 3 10" layer cakes	2 12 x 20" sheet cakes 6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints







# EQUIVALENCY CHART

FOOD	QUANTITY	YIELD
unsifted flour	3 3/4 cups	1 pound
sifted flour	4 cups	1 pound
sifted cake flour	4 1/2 cups	1 pound
rye flour	5 cups	1 pound
flour	1 pound	4 cups
baking powder	5 1/2 ounces	1 cup
cornmeal	3 cups	1 pound
cornstarch	3 cups	1 pound
lemon	1 medium	3 tablespoons juice
apple	1 medium	1 cup
orange	3-4 medium	1 cup juice
onion	1 medium	1/2 cup
unshelled walnuts	1 pound	1 1/2 to 1 3/4 cups
sugar	2 cups	1 pound
powdered sugar	3 1/2 cups	1 pound
brown sugar	2 1/2 cups	1 pound
spaghetti	7 ounces	4 cups cooked
noodles (uncooked)	4 ounces (1 1/2-2 cups)	2-3 cups cooked
macaroni (uncooked)	4 ounces (1 1/4 cups)	2 1/4 cups cooked
macaroni (cooked)	6 cups	8-ounce package
noodles (cooked)	7 cups	8-ounce package
long-grain rice (uncooked)	1 cup	3-4 cups cooked
saltine crackers	28 crackers	1 cup fine crumbs
butter	1 stick or 1/4 lb.	1/2 cup
cocoa	4 cups	1 pound
chocolate (bitter)	1 ounce	1 square
coconut	2 2/3 cups	1 1/2 pound carton
marshmallows	16	1/4 pound
graham crackers	14 squares	1 cup fine crumbs
vanilla wafers	22	1 cup fine crumbs
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine dry crumbs
egg whites	8-10	1 cup
egg yolks	10-12	1 cup
egg	4-5 whole	1 cup
flavored gelatin	3 1/4 ounces	1/2 cup
unflavored gelatin	1/4 ounce	1 tablespoon
nuts (chopped)	1 cup	1/4 pound
almonds	3 1/2 cups	1 pound
walnuts (broken)	3 cups	1 pound
raisins	1 pound	3 1/2 cups
rice	2 1/3 cups	1 pound
American cheese (grated)	5 cups	1 pound
American cheese (cubed)	2 2/3 cups	1 pound
cream cheese	6 2/3 tablespoons	3-ounce package
zweiback (crumbled)	4	1 cup
banana (mashed)	1 medium	1/3 cup
coffee (ground)	5 cups	1 pound
evaporated milk	1 cup	3 cups whipped



# TERMS USED IN COOKING

**Au gratin:** Topped with crumbs and/or cheese and browned in the oven or under the broiler.

**Au jus:** Served in its own juices.

**Baste:** To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

**Bisque:** A thick cream soup.

**Blanch:** To immerse in rapidly boiling water and allow to cook slightly.

**Cream:** To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

**Crimp:** To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

**Crudites:** An assortment of raw vegetables, i.e. carrots, broccoli, mushrooms, served as an hors d'oeuvre often accompanied by a dip.

**Degrease:** To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator, so that fat hardens and is easily removed.

**Dredge:** To coat lightly with flour, cornmeal, etc.

**Entree:** The main course.

**Fold:** To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

**Glaze:** To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

**Julienne:** To cut vegetables, fruits, or cheeses into match-shaped slivers.

**Marinade:** To allow food to stand in a liquid to tenderize or to add flavor.

**Meuniere:** Dredged with flour and sauteed in butter.

**Mince:** To chop or cut food into very small pieces.

**Parboil:** To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

**Pare:** To remove the outermost skin of a fruit or vegetable.

**Poach:** To cook very gently in hot liquid kept just below the boiling point.

**Puree:** To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

**Refresh:** To run cold water over food that has been parboiled, to stop the cooking process quickly.

**Saute:** To cook and/or brown food in a small quantity of hot shortening.

**Scald:** To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

**Simmer:** To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

**Steep:** To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

**Toss:** To combine ingredients with a lifting motion.

**Whip:** To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.



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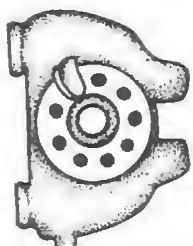


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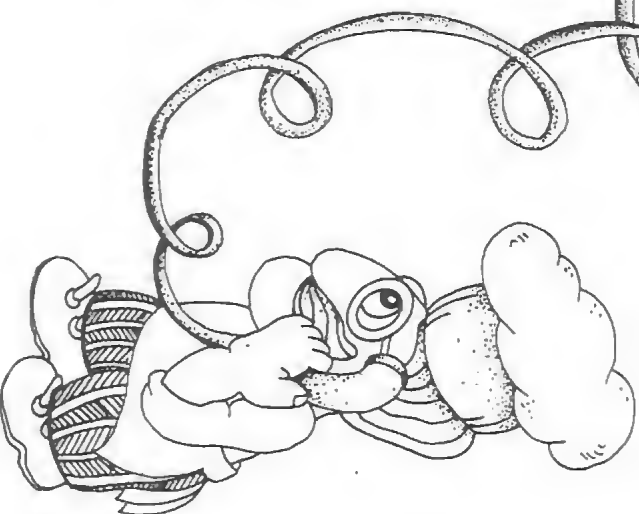
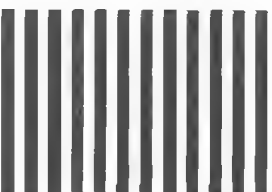
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